Fruit Pizza
Servings 8 | Prep time 20 mins. | Total time 32 mins.

Equipment: Medium bowl, Measuring cups and spoons, Small bowl, Baking sheet, Aluminum foil, Plastic wrap, Paper towels, Cutting board

Utensils: Whisk or fork, Mixing spoon, Knife

Ingredients

For the crust
Cooking Spray
1 egg white, large
1/4 cup oil, vegetable or canola
1/4 cup brown sugar
1/3 cup all-purpose flour
1/4 teaspoon ground cinnamon
1/4 teaspoon baking soda
1 cup quick cooking oats

For the topping
1/4 cup fat-free cream cheese, softened
1/2 cup nonfat vanilla yogurt
Fruit for pizza toppings: 1 cup strawberries, 1 cup blueberries, 2 kiwi
Instructions

For the crust

1. Before you begin was your hands, surfaces, utensils and fruit.
2. Preheat oven to 375 degrees.
3. In a small mixing bowl, use a whisk or fork to beat egg white until foamy, approximately 1-2 minutes. Add oil and sugar. Beat until smooth.
4. In a medium mixing bowl, stir together the flour, cinnamon, and baking soda. Stir in quick cooking oats.
5. Add sugar mixture to oat mixture in medium bowl.
7. Bake about 12 minutes or until the crust begins to puff. Remove from oven and let cool, about 20 minutes.

For the topping

1. While the crust is baking, stir together the cream cheese and yogurt in a small bowl until smooth. Cover with plastic wrap and refrigerate.
2. Dry off cleaned fruit and cut into bite-size pieces.
3. Transfer the crust to a serving plate. Spread the cream cheese mixture over the crust. Arrange fruit on top.
4. Cut into 8 wedges and serve or refrigerate up to 2 hours, covered and uncut.

Nutritional Information:
Calories 190  Total Fat 8g  Sodium 140mg  Total Carbs 24g  Protein 5g