

## Breakfast Pizza

### Ingredients:

- 1/2 English muffin, whole-wheat
- 1 teaspoon low calorie cream cheese
- 1 teaspoon apple butter
- 2 tablespoons mixed fruit

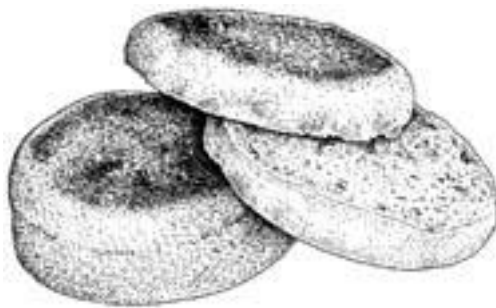
### Equipment:

- Cutting board
- Knife
- Baking sheet

Number of Servings: 1  
 Prep Time: 5 minutes  
 Total time: 5 minutes

### Directions

- ◆ Toast English muffin, spread cream cheese and apple butter over top.
- ◆ Top with any available fruit, such as banana, pineapple, strawberries.
- ◆ Can substitute peanut butter for cream cheese.



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### Nutrition Facts

Serving Size: 1/2 muffin plus topping

Servings: 1

Amount Per Serving

Calories 121      Calories from Fat 18

%Daily Value\*

Total Fat 2g      2%

Saturated Fat 2g      8%

Cholesterol 3mg      1%

Sodium 244mg      10%

Total Carbohydrate 24g      8%

Dietary Fiber 3g      11%

Protein 4g      8%

Vitamin A 3%      Vitamin C 39%

Iron 6%      Calcium 10%

\*Percent Daily Values are based on a 2,000 calorie diet.

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