

No-Bake Fruit "Pizzas"



Ingredients

CRUST: Choose One

- Whole-grain tortilla
- Whole-wheat pita
- Whole-wheat flat bread

SAUCE: Choose One

- Natural peanut butter or other nut butter
- 100% fruit jelly or jam
- Reduced-fat cream cheese
- Non-fat Greek yogurt
- [Healthy Sugared-Vanilla Yogurt Fruit Dip](#)

TOPPINGS: Choose 3

- Fresh fruit such as: apples, bananas, kiwi, berries, grapes
- Dried fruit such as: raisins, chopped dates, pineapple, cranberries, cherries
- Coconut
- Sliced or slivered almonds
- Granola
- Mini chocolate chips
- Cinnamon

Instructions

1. To assemble a pizza, start by spreading the "crust" with one or more types of "sauce."
2. Add desired toppings and cut into wedges.