

Mini Fruit Pizza

Pizza comes in all shapes, sizes, and sauces! For a sweet twist, use Greek yogurt as sauce and fruit as toppings! Chia seeds add fiber to help keep you full and a nice crunch without adding extra flavor.

Ingredients:

- 1 large whole wheat tortilla
- 4 large strawberries
- ¼ cup seedless Concord grapes
- ¼ Blackberries
- 6 oz non-fat Vanilla Greek yogurt
- 1 tablespoon chia seeds
- 1 mug with a thin rim



Directions:

1. Cut all fruit into 4 pieces by cutting in half twice. Set aside in a bowl.
2. Flip a cup upside down onto the tortilla wrap and push down clockwise to cut circles as a pizza base.
3. Spread about 1 tablespoon of Greek yogurt onto each circle.
4. Use your fingers to sprinkle chia seeds on top of yogurt.
5. Add a few pieces of each fruit on top and repeat for remaining circles.
6. Serve immediately and enjoy!

Yield: 6 Servings (1 mini pizza per serving)

Nutrition Facts:

126 Calories; 3 g Fat (3 g Saturated Fat; 0 g Trans Fat); 192 mg Cholesterol; 145 mg Sodium; 20 g Carbohydrate (4 g Fiber, 2 g Sugar); 5 g Protein; 1% Daily Value (DV) Vitamin A; 9% DV Vitamin C; 3% DV Calcium; 1% DV Iron; 2% DV Potassium