



Breakfast Fruit Pizza

Ingredients

- 1 whole-wheat English muffin
- 2 teaspoons apple butter
- 2 teaspoons peanut butter
- 1/8 cup mixed fruit, such as banana, pineapple, and strawberries, sliced
- 1 teaspoon raisins or nuts (optional)

Directions

1. Split English muffin and toast.
2. Spread apple butter and peanut butter on each half.
3. Top with fruit.
4. Add raisins or nuts (optional).

Nutrition Facts

Serving Size 1 serving (144.04g)
Servings Per Container 1

Amount Per Serving

Calories 290 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 360mg **15%**

Total Carbohydrate 53g **18%**

Dietary Fiber 6g **24%**

Sugars 24g

Protein 9g

Vitamin A 0% • Vitamin C 4%

Calcium 20% • Iron 10%

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