

# LET'S COOK!

FABULOUS FRUIT PIZZA



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Servings: 20 Ready in: 15 minutes

1 small	seedless watermelon
2 cups	plain or flavoured yogurt
1 cup	whole grain cereal or Granola
3 cups	any fruit (e.g., strawberries, kiwi, apples, bananas), chopped

## NUTRITION TIPS

To reduce the saturated fat and sugar in this recipe, use:

- Low-fat, plain yogurt (<2% M.F.)

## INSTRUCTIONS:

1. Using a large chef knife, cut watermelon into 5 large circular slices, then quartered each slice into pizza shaped wedges.
2. Using a spoon, spread each watermelon wedge with 1 to 2 tbsp of yogurt.
3. Sprinkle chopped fruit and whole grain cereal on top.

**TIPS:** Leave the rind on the watermelon to help hold the fruit pizza slice.

Use your favourite fruits and whole grain cereals as toppings for the watermelon slice.

To learn more about food safety, visit [york.ca/FoodSafety](http://york.ca/FoodSafety)

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