

Fruit Pizza

This pizza has a cookie crust, creamy filling and fruit on top!

 Level: Medium

Serves 12

Kids' Tool Kit

Mixer

Measuring cups



Measuring spoons

Large mixing bowl

Small mixing bowl

Pizza pan or baking sheet

Rubber scraper

Knife

Cutting board

Spatula

Ingredients:

Cookie Crust
1/2 cup margarine
1/2 cup sugar
1 teaspoon vanilla extract
1 egg
2 cups flour
2 teaspoons baking powder

Cheese Spread
8 ounces cream cheese (nonfat or light)
1/2 cup sugar
1 teaspoon vanilla extract
(optional - 1 drop red food color)

Fruit Topping Ideas:

Sliced strawberries, kiwi, bananas, pineapple, mandarin oranges, pears, peaches, blueberries or grapes



Chef's Choice

Fruit Pizza

Strawberry Milk



Directions:

Remember to wash your hands!

1. Preheat oven to 375 degrees.
2. For crust, cream margarine, sugar, vanilla and egg until light and fluffy. Add flour and baking powder, mixing well.
3. Spread mixture, about 1/8 inch thick, on a pizza pan, baking sheet or 9 x 13 inch pan.
4. Bake for 10 to 12 minutes or until lightly browned. Cool.
5. For spread, mix together cream cheese, sugar, vanilla and food color, if desired. Spread on cooled cookie crust.
6. Arrange fruit on top of pizza. Refrigerate until serving time.



Helpful Hints: This cookie dough crust is a simple sugar cookie recipe. Making this is much less expensive than buying tubes of cookie dough in the dairy section at the grocery store! If you want to make individual fruit pizzas, divide the dough into 12 balls and pat out into circles. Once they are baked, the kids can top with whatever fruit they like.



Safety Tip: Young children may need help using an electric mixer. If they are not tall enough to reach the countertop, be sure kids stand on a stable stool with supervision. Avoid teetering on a chair or bar stool. Remember: Turn the mixer off before using a rubber scraper to clean the sides of the bowl.

Nutrition Facts

Serving Size 1/12 pizza (115g)
Servings Per Container 12

Amount Per Serving

Calories 260 Calories from Fat 80

% Daily Value*

Total Fat 9g 13%

Saturated Fat 1.5g 8%

Cholesterol 20mg 6%

Sodium 280mg 12%

Total Carbohydrate 40g 13%

Dietary Fiber 1g 5%

Sugars 21g

Protein 6g

Vitamin A 10% • Vitamin C 20%

Calcium 10% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 90g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this and other fun recipes: contact your county extension office or visit the Web site at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.