



# Berry Good Pizza

**Servings:**

6 slices

**Ingredients:**

- 100% whole wheat pizza crust or
- 12-ounce can of refrigerated pizza dough
- 1/4 cup apple butter
- 6 large strawberries, washed and sliced
- 1/2 cup blueberries
- Cinnamon (optional)

**Directions:**

1. Preheat the oven to 350 degrees F.
2. If using dough, roll out pizza dough to desired size and thickness.
3. Place crust on a baking sheet.
4. Spread the apple butter over the crust.
5. Arrange the strawberries and blueberries on the crust.
6. Sprinkle the top with cinnamon if desired.
7. Bake on the center rack of oven for about 15 minutes or until the crust is brown and crisp.
8. Serve with a glass of low-fat milk or cup of yogurt.

**Nutrition Facts**

Serving Size 1 slice (107g)  
 Servings Per Container 6

Amount Per Serving		% Daily Value*	
<b>Calories</b>	190	<b>Calories from Fat</b>	20
<b>Total Fat</b>	2g		3%
Saturated Fat	0.5g		3%
Trans Fat	0g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	380mg		16%
<b>Total Carbohydrate</b>	39g		13%
Dietary Fiber	2g		8%
Sugars	10g		
<b>Protein</b>	5g		
Vitamin A	0%	Vitamin C	20%
Calcium	0%	Iron	10%

\*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	80g
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

