

Fruit Pizza

Ingredients

1 tube crescent rolls (reduced fat recommended)

1-2 cups Greek yogurt, vanilla flavor

Fruit of choice (strawberries, blueberries, kiwis, mandarin oranges, etc.), washed and sliced.

Directions

1. Pre-heat oven to 425°F. Spray 15x10x1 inch pan with cooking spray.

2. Unroll crescents and press together to form a crust. Bake for 8 to 10 minutes. Let cool (about 30 minutes).

3. After cool, spread 1-2 cups of Greek yogurt on top of flat crescent rolls to desired thickness.

4. Top with fruit and refrigerate until eaten.



Makes 10 servings

Nutrition information per serving

(2 tablespoons):

92 calories, 4g fat, 3g protein

12g carbohydrates, 128mg sodium