

FOUR FRUIT PIZZA

Makes 16 servings (1 piece)

Original recipe by Neal Wilson (Atlanta)

Ingredients:

- ◆ 1 (18-oz.) roll refrigerated sugar cookie dough
- ◆ 1 (8-oz.) package reduced-fat cream cheese, room temperature
- ◆ ¼ cup sugar
- ◆ 1 qt. fresh strawberries (16-oz. container)
- ◆ 4 kiwi fruits
- ◆ 2 peaches or nectarines, with skin
- ◆ 3 large, ripe bananas
- ◆ Juice of ½ lemon

How to make:

Kids: Preheat oven to 350°F.

Adults: Unwrap cookie dough roll and slice into ¼" rounds. Place in a single layer on a 9"x13" cookie sheet (slightly overlap the rounds).

Kids: Evenly press the rounds together so no pan is showing. Bake for 10-12 minutes. Let cool on rack. Next, whip cream cheese and sugar with electric mixer in a medium-size bowl. Spread cream cheese mixture on top of dough.

Adults: Thinly slice strawberries, kiwi fruits, peaches or nectarines and bananas. Squeeze lemon juice over sliced bananas.

Kids: Layer on top of the cream cheese, in order, sliced bananas, strawberries, kiwi fruit and peaches or nectarines. Cover with plastic wrap. Refrigerate at least 2 hours.

Adults: Slice into 16 pieces. Eat and be happy.

This is for dessert, not dinner! It's perfect for a party.
You can easily double this recipe if you use a larger cookie sheet.

HEALTHY RECIPE MAKEOVER HOW-TO:



Reduced-fat cream cheese instead of the regular-type is used here. And sugar is slightly lessened. There's fat and sugar in the cookie dough, so there's no need to add a lot more with full-fat cream cheese and excess sugar.

Did you know?

Get creative; vary the fruits. Try blueberries or canned, drained mandarin oranges for a change of taste.

Nutrition Info per serving:

240 Calories, 35 g Carbohydrates, 4 g Protein, 9 g Total fat, 3.5 g Saturated fat, 15 mg Cholesterol, 2 g Dietary Fiber, 210 mg Sodium, 6% Vitamin A, 60% Vitamin C, 6% Calcium, 4% Iron