Fruit Pizza

Ingredients:

Oatmeal Cookie:

1½ Cups of old fashioned oats
⅓ Cup of Almond Flour (try coconut flour for nut allergies)
3 Tablespoons of Honey
3 Ripe, Mashed Bananas

Fruit Dip:

1 (32 ounce) container Light & Fit vanilla Yogurt (or your choice of type & flavor)
1 (8 ounce) container Lite Cool Whip
1 (3.4 ounce) box dry sugar free vanilla pudding mix (you can also use fat free or regular and other flavors)

Fruit:

2-3 kiwi, sliced
1 orange, segmented
1 cup Strawberries, sliced
½ - 1 cup Blueberries
½ - 1 cup Raspberries
½ - 1 cup Pineapple, chopped

You can use any fruits you like! Mango, grapes, peaches etc. This is a very versatile recipe.

Directions:

1. Combine: Oatmeal, Mashed Bananas, Almond Flour, Honey
2. Spread evenly on a pizza pan and bake at 375° for 20-25 minutes. The cookie should not be undercooked so watch it the last 5-10 minutes and add a few if needed.
3. While the cookie is baking combine the ingredients for the fruit dip. Let the cool whip get to room temperature so that your dip is a smooth consistency. Allow to sit about 30 minutes so the pudding mix congeals well.
4. Spread dip on cooled off cookie.
5. Top with your choice of fruit. If you want to make a design on your pizza start from the outside and work in. Have fun and enjoy!

More fun ideas: To make mini pizzas cut out cookie before baking. Decrease baking time 5-10 mins. Cool and top! Use the baked cookie as a crumble to make fruit parfaits!

Zane Quick Anderson County Intermediate – Fruit and Vegetable