



Schoharie County  
173 South Grand St  
Cobleskill, NY 12043  
518.234.4303  
518.296.8310  
Fax: 518.234.4305  
schoharie@cornell.edu

Otsego County  
123 Lake St  
Cooperstown, NY 13326  
607.547.2536  
Fax: 607.547.5180  
otsego@cornell.edu

Oneonta Outreach  
31 Maple St  
Oneonta, NY 13820  
607.433.2521  
Fax: 607.436.9682

cceschoharie-otsego.org

## Fresh Fruit Pizza

### Ingredients:

#### Crust

- vegetable oil spray
- ¼ cup butter
- ¼ cup unsweetened applesauce
- ¾ cup sugar
- 1 Tablespoon 1% milk
- 1 egg
- 2 egg whites
- 1 teaspoon lemon extract
- 1½ cups all purpose flour
- ½ cup whole-wheat flour
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1 teaspoon nutmeg

#### Topping

- 1 (8-ounce) package low-fat cream cheese
- 2 Tablespoons 1% milk
- 3 Tablespoons confectioner’s sugar
- 2 cups sliced strawberries
- 2 cups fresh blueberries

### Instructions:

1. Preheat oven to 375° F. Spray pizza pan or cookie sheet with vegetable oil spray.
2. In a medium bowl combine butter and applesauce until creamy.
3. Add sugar, milk, egg, egg whites and lemon extract mixing well.
4. Add flours, baking powder, salt and nutmeg. Mix well. Add enough extra flour to make a good consistency to roll out or pat out onto pan.
5. Place pan in oven and bake for 8-10 minutes or until lightly browned.
6. Cool, and then cover with toppings.

#### Topping instructions:

1. Mix cream cheese, sugar and milk. Spread on cooled pizza crust; top with fresh fruit.

Note: Use any fruit in place of strawberries or blueberries.

Nutrition Facts	
Serving Size 1 piece	
Servings Per Container 24	
Amount Per Serving	
<b>Calories 200</b>	<b>Calories from Fat 35</b>
% Daily Value*	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 140mg</b>	<b>6%</b>
<b>Total Carbohydrate 35g</b>	<b>12%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 10g	
<b>Protein 5g</b>	
Vitamin A 2%	• Vitamin C 15%
Calcium 4%	• 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    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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Makes 24 servings  
18% calories from fat



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