



**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:

2 (16-ounce) cans of peaches, plums, apricots, or a combination of these (canned in juice)

3/4 cup low-fat granola

1 (8-ounce) carton of non-fat vanilla yogurt  
cinnamon

*Makes 10 servings - 4% calories from fat*

### Instructions:

1. Drain fruit and place in large bowl.
2. Place granola in small bowl.
3. To serve, top a spoonful of fruit with a spoonful of yogurt, a small spoonful of granola, and a sprinkling of cinnamon.

### Notes:

- Substitute 12 pieces of chopped fresh fruit for canned fruit.
- Substitute crumbled graham crackers or vanilla wafers for low-fat granola.

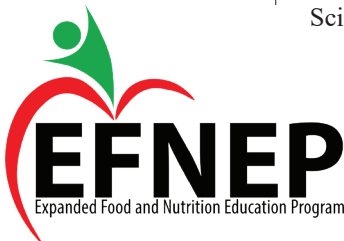
Source: Adapted from: Sisters in Health: A Nutrition Program for Women. Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 1999.

Amount Per Serving		Calories from Fat 5	
		% Daily Value*	
<b>Calories</b>	110		
<b>Total Fat</b>	0.5g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	50mg		2%
<b>Total Carbohydrate</b>	25g		8%
Dietary Fiber	1g		4%
Sugars	16g		
<b>Protein</b>	2g		
Vitamin A	8%	Vitamin C	2%
Calcium	4%	Iron	2%

\*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



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