

Watermelon Pizza

Ingredients:

1 mini watermelon
3 strawberries
½ banana
½ cup blueberries
½ cup plain non-dairy oat yogurt
2 tbsp chia seeds

Servings: 6



Instructions:

Cut the watermelon in 3 round center cut slices, ½ to 1 inch thick.

Cut each round slice into 4 slices..

Slice strawberries and banana.

Mix yogurt and chia seeds. Swirl yogurt mixture on top of watermelon using a spoon.

Decorate with fruits.



Nutrition Facts

6 servings per container

Serving size

2 slices

Amount per serving

Calories

80

% Daily Value*

Total Fat 2g

3%

Saturated Fat 0g

0%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 15mg

1%

Total Carbohydrate 16g

6%

Dietary Fiber 3g

11%

Total Sugars 9g

Includes 0g Added Sugars

0%

Protein 3g

Vitamin D 0mcg

0%

Calcium 42mg

4%

Iron 1mg

6%

Potassium 180mg

4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.