

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 center cut slices, ½ to 1 inch thick.

Cut each watermelon slice in 4 triangles.

Slice strawberries and banana.

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

Decorate with fruits.



Nutrition Facts

servings per container
Serving size (171g)

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.