

Watermelon Pizza



WATERMELON PIZZA

Prep Time: 15 minutes

Cook Time: None Required

Serving Size: 8 - 12 servings

INGREDIENTS

- 1 large seedless watermelon
- 1 pint red fruit (strawberry, raspberry)
- 1 pint blueberries
- 4 kiwis or bag of green grapes
- 1 quart low fat Greek yogurt
- 1 bag unsweetened coconut flakes

DIRECTIONS

1. Cut watermelon into pizza shaped slices or circles
2. Cut fruit into pieces
3. Put ingredients into individual bowls
4. Cut watermelon into pizza shaped slices or circles
5. Spread yogurt on watermelon as "cheese" base
6. Assemble pizza with desired toppings
7. Sprinkle with coconut flakes on top

Healthy Tip

This recipe is high in Vitamin C, which is vital for wound healing and repair. Vitamin C is also important for preventing and treating common colds.

FLIPANY.
The Ingredient to a Healthy Life

FLIPANY's mission is to foster healthy lives through nutrition education, physical activities, and wellness initiatives.

www.FLIPANY.org

