

# Kids In The Kitchen

## Blueberry Pizza Fun For Kids!



**Invite the kids to arrange blueberries on a crisp tortilla “pizza crust.”**

(NAPSA)—Ask kids what’s their favorite food and chances are they’ll say “Pizza!” Blueberry Dessert Pizza is a great way for children to have fun creating awesome pizzas to enjoy as a snack or dessert.

Kids get a nutrition boost as well as great flavor and fun from these special pizzas. Blueberries are a good source of vitamin C and fiber, so let them toss on a few more.

Fresh blueberries are available just about all year long, with the supply peaking in the summer. Frozen, dried and canned blueberries are also available year-round for flavorful, healthful family treats.

Blueberries are good for grownups, too! With only 80 calories per cup, blueberries are high in antioxidants that fight disease, including heart disease and some forms of cancer. Serve them on cereal, mixed into yogurt and scattered over ice cream.

To find more blueberry health information and recipes, go to [www.ushbc.org](http://www.ushbc.org).

### BLUEBERRY DESSERT PIZZA

- 1 (10-inch) flour tortilla
- 1/2 teaspoon butter, softened
- 3 teaspoons sugar, divided
- 1/8 teaspoon ground cinnamon
- 1/2 cup whipped cream cheese
- 1/2 cup fresh blueberries
- 1/2 cup mixed fruit (such as grape halves and mandarin oranges)

**Preheat oven to 400°F. Place tortilla on an ungreased baking sheet; spread with butter. In a cup, combine 1 teaspoon of the sugar and the cinnamon; sprinkle over the tortilla. Bake until edges just begin to brown, 3 to 4 minutes; remove to a plate. In a small bowl, combine the remaining 2 teaspoons sugar with the cream cheese; spread evenly over the tortilla. Arrange blueberries and other fruit on top. Serve immediately.**

**YIELD: 2 portions**