







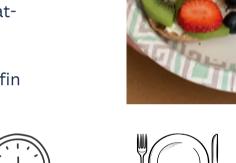


Olympic-Themed Fruit Pizza Recipe

This recipe uses the same colors of the Olympic rings for the colors of the fruit!

Ingredients

- 2 Tablespoons of strawberries (red)
- 1/2 Banana sliced (yellow)
- 2 Tablespoons of blueberries (blue)
- 2 Tablespoon of blackberries (black)
- 1/2 Kiwi quartered (green)
- 4 Tablespoons of reduced fat or fatfree cream cheese (2 tbsp per bagel/English muffin)
- 1 whole grain bagel or English muffin split in half







3 mins



Directions

- 1. Gather ingredients.
- 2. Prep the fruit by washing and slicing them into smaller pieces.
- 3. Cut whole grain bagel or English muffin in half.
- 4. Spread the reduced fat or fat-free cream cheese onto the bagel or English muffin.
- 5. Place the fruit on top of the cream cheese.

Learn more about the NC Summer Nutrition Program & find more enrichment activities at SummerMeals4NCKids.org

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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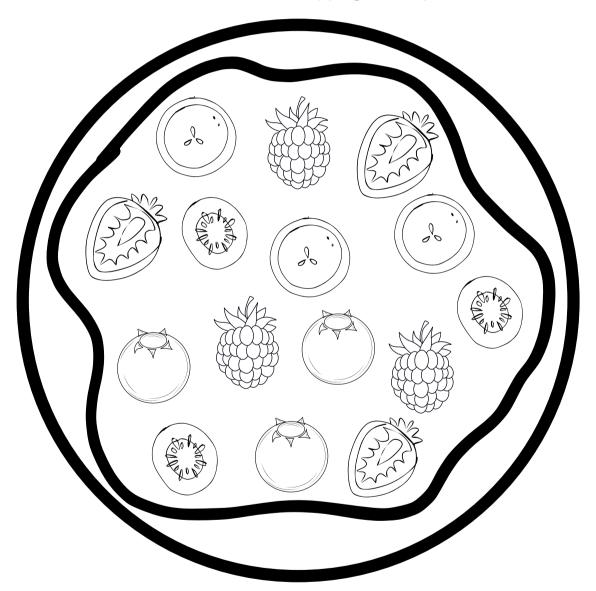






Fruit Pizza Coloring Activity

Using the colors of the Olympic Rings (blue, yellow, black, green, and red), color each of the fruit toppings of the pizza!



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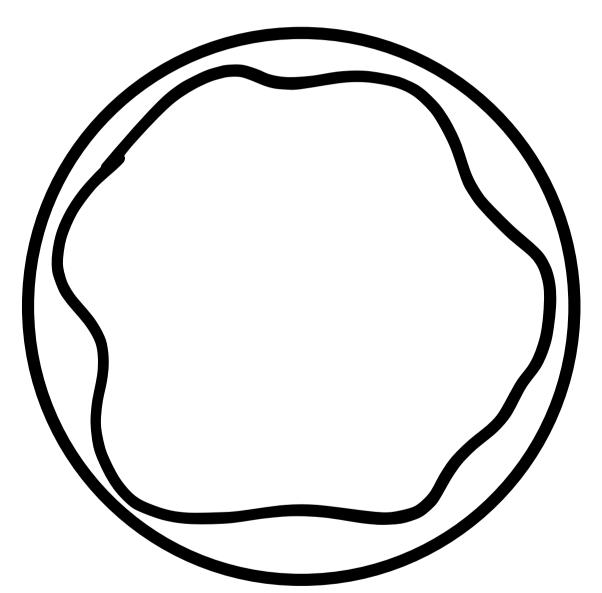




Fruit Pizza Activity - Create Your Own

Think of fruit and vegetable toppings that you would like to see on a pizza.

Draw them here and color them!



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