

Pizza Smiles

These fun and easy to prepare mini-pizzas are a great source of calcium, which is important for growing bodies!

Serves 2



Ingredients

- ½ cup tomato sauce
- ¼ teaspoon garlic powder
- ¼ teaspoon Italian seasoning
- 2 whole wheat English muffins, separated into halves
- ½ cup part-skim mozzarella cheese, grated
- ½ sweet bell pepper, sliced into strips
- 2 tablespoons sliced black olives

Nutrition Facts

Serving Size 2 pizzas
Servings Per Recipe 2

Amount Per Serving

Calories 260 Calories from Fat 80

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 810mg **34%**

Total Carbohydrate 34g **11%**

Dietary Fiber 6g **24%**

Sugars 9g

Protein 14g

Vitamin A 25% • Vitamin C 70%

Calcium 40% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions

1. Preheat oven to 350 degrees.
2. Mix together tomato sauce, garlic powder, and Italian seasoning in a small bowl.
3. Top each English muffin half with two tablespoons tomato sauce and two tablespoons cheese.
4. Arrange peppers and olives into face shapes.
5. Heat in oven for approximately 5-7 minutes or until cheese is melted.

Please note: nutritional values are approximate.

