

FRUIT PIZZA



INGREDIENTS:

- 1 package of English muffins
- 1 container sunflower seed butter
- 6 kiwifruit
- 3 bananas

INSTRUCTIONS:

1. Give each person one or two halves of an English muffin.
2. Spread 1 Tablespoon of sunflower seed butter on each half.
3. Peel and slice one kiwi and 1/2 banana per person.
4. Arrange slices of fruit on top of the English muffins.
5. Eat and enjoy!

Yield: 6-12 servings

Source: Adapted from Cool Fuel Cookbook

Harvest
of
the
Month™

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Nutrition Programs & Services

The ingredients for this recipe can be purchased with CalFresh benefits. To learn more about or how to apply for CalFresh benefits, call Humboldt County DHHS Social Services at 1-877-410-8809 or visit www.c4yourself.com.