



### May 3- Rice Cake Fruit Pizza

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1106877>

#### Recipe

*Ingredients:*

- 1 lightly salted Rice Cake
- 2 Tablespoon low-fat cream cheese
- 1 teaspoon honey
- ½ cup fresh fruit

*Directions:*

1. Spread cream cheese onto rice cake.
2. Drizzle with honey, then top with fresh fruit.

Yield 1 serving

#### **Nutrition Facts**

Serving Size 1 rice cake (118.5g)  
Servings Per Container 1

**Amount Per Serving**

**Calories** 150      **Calories from Fat** 40

**% Daily Value\***

**Total Fat** 4.5g      **7%**

**Saturated Fat** 2.5g      **14%**

*Trans* Fat 0g

**Cholesterol** 15mg      **5%**

**Sodium** 125mg      **5%**

**Total Carbohydrate** 23g      **8%**

**Dietary Fiber** 1g      **5%**

**Sugars** 7g

**Protein** 4g      **8%**

Vitamin A 6%      •      Vitamin C 2%

Calcium 6%      •      Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.