

VISIT Food Hero for this tasty version of an open sandwich!

<https://www.foodhero.org/recipes/fruit-pizza>

There is a fun video recipe to watch and learn
how to make this great snack

<https://youtu.be/IVZPr4sMsS4>



Offering children a choice between ingredients inspires them to try the snack by “making it their own.” This Fruit Pizza recipe encourages children to choose their ingredient (topping). Remember, make the experience fun and positive! Some children may not want to taste everything, and that’s okay. Sometimes, new foods take time. Encourage children to vote after they taste it! Thumbs up (like it), thumbs to the side (kind of like it), thumbs down (not today); then ask your child what you would do differently to the recipe so they might like it.

*Set up the recipe as an assembly line. Place the ingredients (toppings) in bowls with serving utensils.

Please share a photo of your Fruit Pizzas –

we would love to share your creativity!

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