

# Veggie Pizza

## Ingredients (makes 1 serving)

- 1 slice Whole-wheat bread (or other whole grain product: flat bread, pita bread, english muffin etc)
- About 1/8 cup Assorted raw veggies cut in small pieces or strips (carrots, peppers, broccoli etc)
- 1/2 Tablespoon Hummus spread or cream cheese (plain, vegetable, or onion & chive)

## Directions

1. Spread hummus or cream cheese on bread (or other whole grain product)
2. Top with raw veggies. *For extra fun, make a design or face with your veggies.*

## Nutrition Information - Per serving (with hummus)

Calories	87	Total Sugars	2.3g	Sodium	165mg
Protein	4.5g	Total Fat	1.6g	Cholesterol	0mg
Carbohydrate	14.1g	Saturated Fat	0.3g	Fiber	2.9g



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