

Veggie Pizza

Ingredients (makes 1 serving)

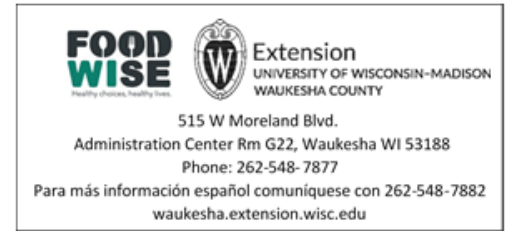
- 1 slice Whole-wheat bread (or other whole grain product: flat bread, pita bread, english muffin etc)
- About 1/8 cup Assorted raw veggies cut in small pieces or strips (carrots, peppers, broccoli etc)
- 1/2 Tablespoon Hummus spread or cream cheese (plain, vegetable, or onion & chive)

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



FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program– SNAP and Expanded Food and Nutrition Education Program – EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.