


Recipe of the Month

Fruit Pizza

Ingredients

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- 1 tsp Vanilla Extract
 - 1 Cup Strawberries, sliced (or kiwi, bananas, pears, peaches, or blueberries)
 - ½ cup Butter
 - ½ cup Sugar
 - 1 tsp Vanilla Extract
 - 1 Egg (large)
 - 2 cups Flour
 - 2 tsp Baking Powder
 - 8 oz Cream Cheese, non-fat or light
 - ½ cup Sugar

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 375°F.
3. For crust, cream butter, sugar, vanilla, and egg until light and fluffy. Add flour and baking powder, mixing well.
4. Spread mixture about 1/8" thick on pizza pan, baking sheet, or 9" x 13" pan.
5. Bake 10-12 minutes or until lightly browned. Cool.
6. For spread, mix together cream cheese, sugar, and vanilla. Spread on cooled crust.
7. Arrange fruit on top of pizza. Refrigerate until serving time.

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-pizza>

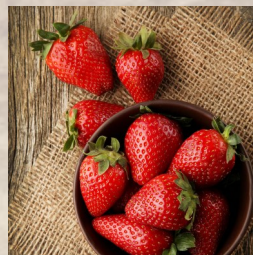
Food Focus

Strawberries!

Strawberries are the first fruit to ripen in the spring. Eight strawberries will provide 140% of the recommended daily intake of Vit. C for kids! They are also an excellent source of manganese, rich in antioxidants and have benefits for heart health and blood sugar control. Strawberries are a member of the rose family and are the only fruit to wear it's seeds on the outside!

What do you call a sad strawberry?

A blue berry!



Feature

May is National Physical Fitness and Sports Month!

It is important to get 60 minutes per day of physical activity for kids (and 30 minutes per day for adults), to improve brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles. In order to get the active minutes per day small changes can make a difference. Activity for just 5-10 minutes at a time adds up throughout the day.

Here are some quick ideas:

- Create recess at home, plan to try new activities or spark ideas.
- Limit screen time to encourage more activity time.
- Choose activities that are both enjoyable and accessible.
- Keep a family activity calendar.



Jennifer Malchow, RDN,
LDN

Registered Dietitian

Nutritionist

jmalchow@arbormgt.com

