

LiveWell

## Watermelon pizza

Yield: 8 servings



### Ingredients:

- 2-inch-thick slice watermelon (from the middle of a seedless watermelon)
- 4 ounces Neufchâtel cheese
- ½ cup non-fat Greek yogurt
- ¼ cup powdered sugar
- 1 Tablespoon orange juice
- 6 strawberries, sliced
- 1 kiwi, cubed
- 16 blackberries
- 16 raspberries
- 16 blueberries
- 8 mint leaves

### Directions:

1. Cut watermelon round into 8 wedges. Put wedges back into round shape on a plate or platter.
2. Use a hand mixer to blend neufchatel cheese, Greek yogurt, powdered sugar and orange juice in a small bowl.
3. Using a spatula, spread yogurt mixture in an even layer over the watermelon.
4. Distribute fresh fruit on top. Garnish each piece with a mint leaf.

### Nutrition information per serving:

Calories: 106	Cholesterol: 11 mg	Fiber: 1 gram	Food exchanges:
Fat: 3 grams	Sodium: 56 mg	Protein: 4 grams	1 fruit, 1 fat
Saturated fat: 1.5 grams	Carbohydrates: 16 grams		

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