

Boo Bugs Pizzas

Makes
4 mini pizzas

Prep time
5 minutes

Cook time
5 minutes

Good source of
Calcium
Protein

Ingredients for Savory Pizzas:

- 4 slices whole wheat English muffin
- 4 Tbsp. low-sodium tomato sauce
- ½ cup shredded low- or non-fat cheese (e.g. mozzarella)
- Zucchini, tomatoes, olives or other vegetables for decoration

Ingredients for Sweet Pizzas:

- 4 slices whole wheat English muffin
- 4 Tbsp. low- or non-fat cream cheese
- Apples, strawberries, or other fruits for decoration

Nutrition Facts

4 servings per container
Serving size 1 pizza (78g)

Amount per serving
Calories **120**

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 200mg	9%
Total Carbohydrate 16g	6%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 157mg	10%
Iron 1mg	6%
Potassium 144mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Directions for Savory Pizzas:

1. Preheat toaster oven to 400 degrees F.
2. On one side of an English muffin, spread about 1 Tbsp. of tomato sauce. Top with shredded mozzarella cheese.
3. Cut your vegetables to resemble the wings, body segments, eyes, and antennae of your boo bug and assemble on top of the cheese.
4. On an oven safe sheet or foil, toast the boo bug pizza for 3-5 minutes, or until cheese is melted.
5. Let cool and serve warm. Refrigerate leftovers.

Directions for Sweet Pizzas:

1. In a 400 degree toaster oven, toast one side of an English muffin for 3-5 minutes, or until lightly browned.
2. Spread about 1 Tbsp. of cream cheese onto the muffin, then drizzle about 1 tsp. of honey on top of the cream cheese.
3. Cut your fruits to resemble the wings, body segments, eyes, and antennae of your boo bug and assemble on top of the pizza.
4. Serve as is. Refrigerate leftovers.

