

Fruit Pizza – Diabetic Recipe

Prep Time: 20 minutes

Cook Time: 15 minutes

Ready In: 35 minutes

Servings: 8

Ingredients

2 cups almond meal or flour

1 cup natural stevia sweetener (or Agave)

8 oz. low-fat or light cream cheese

1 tsp pure vanilla extract

Fruit

Preheat oven to 350 degrees Fahrenheit.

Melt butter in small bowl and separately beat the egg.

To compose the crust, mix the almond meal, melted butter, beaten egg, and 1/2 cup of the stevia sweetener.

Spray an 11-inch pizza pan with nonstick baking spray or line it with parchment paper. Then, spread the crust mixture onto the pan.

Bake the crust for 15 minutes or until lightly browned. Take it out of the oven and allow it to cool at room temperature or in the freezer for a quicker cool-down.

Allow the cream cheese to warm slightly and soften.

In a medium-sized bowl, blend the softened cream cheese, vanilla extract, and the remaining 1/2 cup of sweetener. Evenly spread this mixture onto the cooled crust.

Slice the larger fresh fruits chosen for the pizza, including strawberries, pineapple, and kiwis. Then, decorate the pizza with the fruits any way desired. Use a pizza cutter or large knife to divide the pizza into eight individual slices.

