

MyPyramid Pizza Snacks

Makes 10

1 package (7.5 ounces) refrigerated biscuit dough
1/4 cup pizza sauce
2/3 cup diced ham
1/2 cup crushed pineapple, drained
2/3 cup shredded mozzarella cheese

1. Preheat oven to 400 degrees.
2. Spray baking sheets with nonstick vegetable spray.
3. Separate biscuits and flatten on baking sheet, leaving space between biscuits so edges do not touch.
4. Spread 1 teaspoon pizza sauce on each biscuit.
5. Top each biscuit with 1 tablespoon diced ham, 2 teaspoons pineapple, and 1 tablespoon shredded cheese.
6. Bake for 8-10 minutes or until biscuits are light brown and cheese is melted.

Optional: Substitute chopped green pepper, turkey pepperoni, or cooked ground beef for basic ingredients as desired.

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Nutrition Facts	
Serving Size (56g)	
Amount Per Serving	
Calories 110	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	9%
Cholesterol 10mg	3%
Sodium 400mg	17%
Total Carbohydrate 11g	4%
Dietary Fiber less than 1g	3%
Sugars 3g	
Protein 5g	
Vitamin A 2%	•
Vitamin C 2%	•
Calcium 6%	•
Iron 4%	•

*Percent Daily Values are based on a 2,000 calorie diet.

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