

Symphony of Fruit Tart– Adapted from [Fruits and Veggies. More Matters](#)

Ingredients	50 Servings	100 Servings	25 Servings	Directions
English muffin §, whole grain preferred	25 English muffins	50 English muffins	12.5 English muffins	<ol style="list-style-type: none"> 1. Split English muffin in half and toast until golden brown. Spread 1 tablespoons of cream cheese on each toasted slice. 2. Arrange 1/3 cup sliced strawberries, ¼ cup sliced plums, and ¼ cup halved blueberries on top of the cream cheese. If there is leftover fruit, place on the side of the plate. 3. Slice into quarters and “yummy- fruit tart!” <p>❖ Serving Size: 1 tart</p>
Whipped fat-free cream cheese	3 1/8 cup	6 ¼ cup	12 ½	
Strawberries §, sliced	16 2/3 cup	33 1/3 cup	8 1/3 cup	
Plums §, sliced	12 1/2cup	25 cup	6 ¼ cup	
Blueberries §, halved	12 ½ cup	25 cup	6 ¼ cup	

§WA product available when in season

Approximate preparation time: 10 minutes

Tips & Variations:

- The fruits featured in this recipe are in season July-Sept, but you can change the recipe to suite your own preferences and what is currently in season! During winter/off season, consider frozen Washington berries and stone fruits.
- Children can consume extra fruit that may not fit on the English muffin separately
- Make this a fun, interactive activity by having children create their own tart by placing on the fruit ‘toppings’ to their liking.



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Child Nutrition Program Food Components:

- ✓ ½ cup fruit
- ✓ 1 servings grain/bread

Nutrients Per Serving:

Calories	134 kcal
% Calories from Fat	8%
Total Fat	1.2 g
Saturated Fat	0.2 g
Trans fat	0 g
Cholesterol	1 mg
Sodium	185 mg
Total Carbohydrates	28.5 g
Dietary Fiber	4 g
Sugars	14 g
Protein	5 g
Vitamin A (174 IU)	3 %
Vitamin C (40 mg)	66 %
Calcium	13 %
Iron	6 %

- 👉 **Strawberries** are an excellent source of vitamin C. Ounce for ounce, they contain more vitamin C than citrus fruit.
- 👉 **Blueberries** are native to North America. Native Americans used blueberries for a variety of purposes, including food, medicine, and dyes.
- 👉 In the U.S, over 140 varieties of **plums** are commercially available.
- 👉 Washington is one of the United States top **blueberry** producers. Other top producers include Michigan, Oregon, New Jersey, and Georgia.

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notes