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## Renee's Dessert Pizza

1 individual whole wheat pizza crust – 8”

Canola Oil

Erythritol - granulated

Cinnamon

Erythritol – powdered

Low Fat Cream Cheese

1% milk

Spread ½-1 teaspoon(ish) canola oil on whole wheat pizza crust. Sprinkle generously with cinnamon and erythritol.

For the “frosting”, the erythritol must be powdered. To do this, put ¼ - ½ cup erythritol in a blender and go to town. 😊 Let the dust settle before you open the top. Heat ½ pkg fat free cream cheese in microwave for 15-30 seconds until runny...careful not to fry it! Whip in powdered erythritol to taste (I like mine a little tangy) along with a splash of milk. Scoop “frosting” into a piping bag or into the corner of a plastic bag and cut the corner off. Pipe “frosting” onto the pizza, cut and enjoy.

Erythritol has only .2 calories per gram, and low-fat cream cheese has only 30 calories per tablespoon 😊

FLT Servings Per ¼ Pizza: ½ Grain, approximately 50 calories