



April 2- Cinnamon Cottage Cheese Toast

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=185812>

Recipe

Ingredients:

- 1 slice whole-wheat bread
- 1-ounce fat free cottage cheese
- ½ Tablespoon ground cinnamon
- ½ teaspoon Splenda

Directions:

1. Toast bread, and spread cottage cheese on top.
2. Sprinkle with cinnamon and Splenda.

Yield 1 serving

Nutrition Facts

Serving Size 1 slice (80.4g)
Servings Per Container 1

Amount Per Serving

Calories 170 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **1%**

Sodium 410mg **17%**

Total Carbohydrate 29g **10%**

Dietary Fiber 7g **27%**

Sugars 4g

Protein 7g **15%**

Vitamin A 0% • Vitamin C 0%

Calcium 10% • Iron 10%

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