



March 2- Raspberry Cream Cheese Toast

Smart Snack

Link: <http://teenacathey.com/blog/months-worth-high-fiber-snack-ideas>

Recipe

Ingredients:

- 1 slice whole-grain bread
- 1 Tablespoon low-fat cream cheese
- ½ cup raspberries

Directions:

1. Toast bread. Spread 1 Tablespoon of cream cheese on bread.
2. Top with ½ cup raspberries.

Yield 2 servings

Nutrition Facts

Serving Size 1 slice (119.5g)
Servings Per Container 1

Amount Per Serving

Calories 180 **Calories from Fat** 35

% Daily Value*

Total Fat 3.5g **6%**

Saturated Fat 1.5g **7%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 220mg **9%**

Total Carbohydrate 29g **10%**

Dietary Fiber 7g **28%**

Sugars 8g

Protein 7g **14%**

Vitamin A 2% • Vitamin C 25%

Calcium 6% • Iron 8%

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