

## **Veggie Bagels**

### *What you need:*

Whole wheat mini bagels

Low-fat plain or veggie cream cheese

Chopped veggies of your choice

(carrots, broccoli, cauliflower, radishes, green/red bell peppers, celery, etc)



### *All you do:*

1. Slice mini bagels.
2. Spread cream cheese on bagel
3. Cover cream cheese with chopped veggies.
4. Enjoy!!