




## STRAWBERRY CREAM CHEESE TOAST

**SERVES: 1** (1 slice of toast) Prep Time: 15 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving):  ½  1  1

**½ cup** sliced strawberries  
**1 tsp.** coconut sugar  
**1 slice** low-sodium sprouted wheat bread  
(like Ezekiel®), toasted  
**2 Tbsp.** cream cheese

1. Combine strawberries and sugar in a small bowl; mix well. Leave to macerate for 10 minutes.
2. Spread cream cheese on toast and top with strawberry mixture, and enjoy!

### SERVING SUGGESTION:

- To make this recipe gluten-free, use **Gluten-Free Fresh Bread** (see separate recipe for **Gluten-Free Fresh Bread**).

**NUTRITIONAL INFORMATION** (per serving): Calories: 221 Total Fat: 11 g Saturated Fat: 6 g Cholesterol: 32 mg Sodium: 182 mg Carbohydrates: 27 g Fiber: 5 g Sugars: 9 g Protein: 6 g

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Recipes containing the  icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

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