

Healthier Bagel Recipe

Code
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Ingredients Needed:

- 1 whole wheat bagel thin
- 1 laughing cow, creamy Swiss light
- Fruit of choice, sliced (example: 4 strawberries)



Nutrition Facts:	
Yield	1 serving
Calories	154
Total Fat	2.5 g
Sat Fat	1 g
Sodium	390 mg
Added Sugar	0 g
Fiber	5 g
Vitamin C	37% DV
Calcium	10% DV

Recipe Directions:

- Split bagel in half
- Spread half of cream cheese wedge on each side of bagel.
- Add fruit and additional toppings.