



Berry Cheesecake Toast

Makes 1 serving

Ingredients

- 2 tablespoons fat-free vanilla Greek yogurt
- 1 tablespoon fat-free cream cheese
- 1 slice whole-grain bread, toasted
- 2 fresh strawberries, stem removed and sliced
- 8 fresh blueberries
- 6 fresh blackberries

Directions

1. In a small bowl, combine yogurt and cream cheese. Stir. Spread over toast.
2. Add berries as a topping. Enjoy!



MAIN DISH



TIP

Make this toast with only strawberries, only blueberries, only blackberries or all three! You can also use any of your other favorite fruits to top this toast!*

*Option not included in nutrition facts.

♥ = heart smart

⊗ = low sodium

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Nutrition Facts

Serving Size 1 slice toast with topping (137g)
Servings Per Container 1

Amount Per Serving

Calories 150 **Calories from Fat 10**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 280mg **11%**

Total Carbohydrate 24g **8%**

Dietary Fiber 4g **16%**

Sugars 10g

Protein 10g

Vitamin A 2% • **Vitamin C 50%**

Calcium 15% • **Iron 6%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat, milk
Carb choices per serving: 1 ½