

# Fruity Toast

**Makes:** 24 or 48 servings

24 Servings

48 Servings

Ingredients	24 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Whole grain bread		12 slices		24 slices
Cottage cheese		1 cup		2 cups
Pears, sliced		12 cups		24 cups
Cinnamon, ground		2 tsp		4 tsp
Margarine, soft, trans-fat-free		1/4 cup		1/2 cup

## Directions

1. Preheat oven to 375 degrees F.
2. Spread one side of bread with margarine. Put in baking pan with margarine side face down.
3. Spoon cottage cheese on bread. Sprinkle cinnamon on top.
4. Bake at 375 degrees until bread turns brown on bottom (about 10 minutes).
5. Cut toast in half and top each half with 1/2 cup pears.

## Notes

### Additional Tips

Add any type of fruit in season to make this a healthy, fun breakfast all year round. Cinnamon is a nice way to add flavor without adding sugar.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>89</b>	
Total Fat	1 g	
Protein	3 g	
Carbohydrates	19 g	
Dietary Fiber	4 g	
Saturated Fat	NA	
Sodium	108 mg	