

Fruity Pie in the Sky

What You'll Need

- 2 tsp 1/3-less-fat cream cheese
- 2 strawberries sliced in half
- 2 tsp no-sugar-added fruit jam
- 4 raisins
- 1 whole wheat English muffin
- 1/4 of a banana, sliced

Serves 1

Let's Cook!

- 1 Mix fruit jam with cream cheese.
- 2 Toast English muffin.
- 3 Spread cream cheese on English muffin.
- 4 Place fruit on top of cream cheese.

Nutrition Facts

Serving Size (155g)	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 350mg	15%
Total Carbohydrate 44g	15%
Dietary Fiber 7g	28%
Sugars 15g	
Protein 7g	
Vitamin A 4%	Vitamin C 40%
Calcium 20%	Iron 15%

