

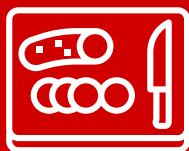


Holiday Bagel Bites

4 Steps to Food Safety



Clean



Seperate



Cook



Chill

Ingredients:

- ½ whole wheat mini-bagel
- 2 teaspoons low-fat cream cheese
- 2 Tablespoons finely chopped and washed red and green fruit such as kiwi, green grapes, green and red apples, strawberries, raspberries, etc.

Directions:

1. Wash hands with soap and water.
2. Spread a thin layer of cream cheese on the bagel.
3. Sprinkle fruit to resemble a holiday wreath.

Makes 1 serving

Nutrition Information for 1 serving: Calories 90, Total Fat 2g, Saturated Fat 1g, Cholesterol 5mg, Sodium 95mg, Total Carbohydrates 16g, Fiber 1g, Total Sugars 6g, includes 2g Added Sugars, Protein 3g, Vitamin D 0%, Calcium 6%, Iron 6%, Potassium 2%

**For more healthy tips and recipes, go to:
Food.unl.edu**

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