



## Whipped Cream Cheese and Pear Toast

Try trading in your classic morning toast for one topped with whipped cream cheese and fresh pears.

**Ages:** 3–5 years

**Prep time:** 1 hour

**Makes:** 6 servings

**Cook time:** 3 to 4 minutes

### *the* INGREDIENTS

**1 Tbsp** cream cheese, low-fat

**¼ tsp** pumpkin pie spice

**3 slices** bread, whole-wheat (at least 28 g or 1 oz each)

**8 slices** Bartlett pears, fresh, unpeeled, cored, ¼" slices (~1 pear; gently wash pear under running water before cutting)

### *the* DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. In a small bowl, combine cream cheese and pumpkin pie spice. Mix with a fork. Keep cold at 40 °F or lower.
3. Toast bread in a toaster.
4. Spread 1 tsp of spiced cream cheese on each piece of toast.
5. Top with sliced pears, about 2–2¼ slices. Cut pears in half, if needed.
6. Cut each piece of toast in half.
7. Serve 1 half slice of toast. Serve immediately, or keep cold at 40 °F or lower.



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## NUTRITION INFORMATION

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1 half slice Whipped Cream Cheese  
and Pear Toast

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>56</b>
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<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	1 mg
<b>Sodium</b>	<b>81 mg</b>
<b>Total Carbohydrate</b>	<b>10 g</b>
Dietary Fiber	2 g
Total Sugars	2 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>2 g</b>
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Vitamin D	N/A
Calcium	31 mg
Iron	0 mg
Potassium	N/A

N/A = Data not available

*Source:* Team Nutrition CACFP Easy  
Recipe Project

[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

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## CACFP CREDITING INFORMATION

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1/8 cup fruit  
1/2 oz eq grains 

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## CHEF TIPS

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- **Contains milk (cream cheese) and wheat (bread).** Bread can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (bread) and may be included in ingredient statements as “spice” or “flavoring.”
- To keep fresh cut fruit from turning brown, coat them with an acidic juice, such as lemon or orange, or use a commercial anti-darkening agent.
- Apple pie spice or cinnamon can be substituted for pumpkin pie spice.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.