



## Whipped Cream Cheese and Pear Toast

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

**Ages:** 6–18 years  
**Makes:** 6 servings

**Prep time:** 1 hour  
**Cook time:** 3 to 4 minutes

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### INGREDIENTS

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

**½ tsp** pumpkin pie spice

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

**14 slices** Bartlett pears, fresh, unpeeled, cored,  
¼" slices (~2 pears; gently wash pears under  
running water before cutting)

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### DIRECTIONS

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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.
6. Serve 1 slice of toast. Serve immediately, or keep cold at 40 °F or lower.

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## NUTRITION INFORMATION

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1 slice Whipped Cream Cheese and Pear Toast

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>111</b>
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<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	1 g
Cholesterol	3 mg
<b>Sodium</b>	<b>162 mg</b>
<b>Total Carbohydrate</b>	<b>19 g</b>
Dietary Fiber	3 g
Total Sugars	5 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>5 g</b>
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Vitamin D	N/A
Calcium	63 mg
Iron	1 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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¼ cup fruit  
1 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.