



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

COOK TIME: 3 to 4 minutes

CACFP CREDITING INFORMATION

⅛ cup fruit

½ oz eq grains 

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> 1 Wash hands with soap and water for at least 20 seconds.
					<ol style="list-style-type: none"> 2 Preheat oven to 400 °F.
Cream cheese, low-fat		¼ cup + ½ tsp		½ cup + 1 tsp	<ol style="list-style-type: none"> 3 In a small bowl, combine cream cheese and pumpkin pie spice. Mix with a fork. Keep cold at 40 °F or lower.
Pumpkin pie spice		1 tsp		2 tsp	
Bread, whole-wheat (28 g or 1 oz each)	12½ oz (at least 350 g)	12½	25 oz (at least 700 g)	25	<ol style="list-style-type: none"> 4 Toast bread in the oven for 3–4 minutes on each side.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					5 Spread 1 tsp of spiced cream cheese on each piece of toast.
Bartlett pears, fresh, unpeeled, cored, ¼" slices* (gently wash pears under running water before cutting)	1 lb 11¼ oz	~30 slices / ~4¼ large pears	3 lb 6¼ oz	~60 slices / ~8½ large pears	6 Top with sliced pears, about 2–2¼ slices. Cut pears in half, if needed.
					7 Cut each piece of toast in half.
					8 Serve 1 half slice of toast. Serve immediately, or keep cold at 40 °F or lower.

*See Marketing Guide




NUTRITION INFORMATION

1 half slice Whipped Cream Cheese and Pear Toast

Nutrients	Amount
Calories	56
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Total Fat	1 g
Saturated Fat	0 g
Cholesterol	1 mg
Sodium	81 mg
Total Carbohydrate	10 g
Dietary Fiber	2 g
Total Sugars	2 g
Includes Added Sugars	N/A
Protein	2 g
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Vitamin D	N/A
Calcium	31 mg
Iron	0 mg
Potassium	N/A
N/A = Data not available	

NOTES

- **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.

YIELD/VOLUME

25 Servings	50 Servings
Weight: 2 lb 11 oz	Weight: 5 lb 8 oz
Yield: 25 half slices	Yield: 50 half slices

***MARKETING GUIDE**

Food as Purchased for:	25 Servings	50 Servings
Pears, fresh	1 lb 13 oz	3 lb 9¾ oz

