

# **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**

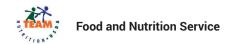
⅓ cup fruit ⅓ oz eq grains **ﷺ** 

# SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIDECTIONS	
	Weight	Measure	Weight	Measure	DIRECTIONS	
					<ol> <li>Wash hands with soap and water for at least 20 seconds.</li> </ol>	
					2 Preheat oven to 400 °F.	
Cream cheese, low-fat		¼ cup + ½ tsp		½ cup + 1 tsp	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	4 Toast bread in the oven for 3–4 minutes on each side.	



INODEDIENTO	25 SERVINGS		50 SERVINGS			
INGREDIENTS	Weight	Measure	Weight	Measure	DIRECTIONS	
					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.	

<sup>\*</sup>See Marketing Guide

## **NUTRITION INFORMATION**

1 half slice Whipped Cream Cheese and Pear Toast

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

### **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			