



## 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

**PREP TIME:** 1 hour

**COOK TIME:** 3 to 4 minutes

### CACFP CREDITING INFORMATION

¼ cup fruit

1 oz eq grains 

### SOURCE

Team Nutrition CACFP Easy Recipe Project

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

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1 Wash hands with soap and water for at least 20 seconds.
					2 Preheat oven to 400 °F.
Cream cheese, low-fat		½ cup + 1 tsp		1 cup + 2 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		2 tsp		1 Tbsp + 1 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Bread, whole-wheat (28 g or 1 oz each)	25 oz (at least 700 g)	25	50 oz (at least 1400 g)	50	<b>4</b> Toast bread in the oven for 3–4 minutes on each side.
Bartlett pears, fresh, unpeeled, cored, ¼" slices* (gently wash pears under running water before cutting)	3 lb 6¼ oz	~60 slices / ~8½ large pears	6 lb 12½ oz	~120 slices / ~17 large pears	<b>5</b> Spread 1 tsp of spiced cream cheese on each piece of toast.
					<b>6</b> Top with sliced pears, about 2–2¼ slices. Cut pears in half if needed.
					<b>7</b> Serve 1 slice of toast. Serve immediately, or keep cold at 40 °F or lower.

\*See Marketing Guide




## NUTRITION INFORMATION

1 slice Whipped Cream Cheese and Pear Toast

Nutrients	Amount
<b>Calories</b>	<b>111</b>
<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>
Vitamin D	N/A
Calcium	63 mg
Iron	1 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: 5 lb 8 oz	Weight: 11 lb
Yield: 25 slices	Yield: 50 slices

## \*MARKETING GUIDE

Food as Purchased for:	25 Servings	50 Servings
Pears, fresh	3 lb 9¾ oz	7 lb 3½ oz