



Blueberry Crunch Toast



Entire recipe: 164 calories, 6g total fat (3.5g sat fat), 394mg sodium, 21.5g carbs, 3.5g fiber, 7.5g sugars, 7g protein

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 6*

Purple Plan [SmartPoints](#)® value 6*

Total: 5 minutes



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Ingredients

1 slice whole grain bread with 60–80 calories per slice
1 1/2 tbsp. light/reduced-fat cream cheese
1 1/2 tbsp. light/low-fat ricotta cheese
1/2 packet no-calorie sweetener
1/8 tsp. vanilla extract
Dash salt
3 tbsp. freeze-dried blueberries

Directions

Toast bread.

In a small bowl, combine all remaining ingredients *except* freeze-dried blueberries. Mix until uniform.

Fold in 2 tbsp. freeze-dried blueberries. Spread over the toast.

Top with remaining 1 tbsp. freeze-dried blueberries.

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.