



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

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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

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