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Apple Cinnamon Toast

Ingredients:

- 1½ Tablespoons sugar
- 1 teaspoon cinnamon
- 2 apples, medium sized
- 4 teaspoons butter, softened
- 4 slices bread

Create-A-Flavor Changes

Add your own ideas, too!

- Use pears or peaches instead of apples or combine two fruits.
- Mix ¼ teaspoon nutmeg with the cinnamon.
- Add a few raisins.
- Use whole wheat, raisin, or other bread.

Makes 4 servings - 25% calories from fat

Instructions:

1. Preheat oven to 375° F degrees.
2. Measure sugar and cinnamon in a small bowl; stir to combine ingredients, set aside.
3. Wash and core apples. Cut apples into thin slices.
4. Place bread on baking sheet.
5. Spread 1 teaspoon of butter on the topside of each slice of bread.
6. Arrange ¼ of the apple slices on each slice of bread.
7. Sprinkle apples with reserved cinnamon-sugar mixture.
8. Bake in oven until bread is toasted, about 10 to 15 minutes.

Nutrition Facts	
Serving Size 1 piece	
Servings Per Container 4	
Amount Per Serving	
Calories 160	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 200mg	8%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 2g	
Vitamin A 4%	• Vitamin C 6%
Calcium 6%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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