

Summer fruit toast toppers



Summer fruit toast toppers

Preparation 20 mins | Serves 4 kids

These delicious toast toppers are perfect for a healthy colourful breakfast or a snack.

What you'll need:

Reduced fat spreadable cream cheese

Sliced sourdough bread

+ your choice of the following fruit combos

Toast your bread until golden. Spread with cream cheese and top with your favourite seasonal summer fruits.

Try these combos for your Summer fruit toast toppers:

- Sliced banana and a drizzle of honey
- Fresh mango slices and sliced strawberries
- Sliced ripe peaches and apricots with raspberries or blueberries

Good for you... **APRICOTS**

A good source of dietary fibre, which is important to keep the intestine healthy. The deeper the colour of an apricot, the higher its content of beta carotene (which the body converts to vitamin A). Vitamin A helps protect against infection and has an important role in eye health.

