

Strawberry Kiwi Dessert Toast



Ingredients:

- 2 slices wheat bread, toasted
- 2 tablespoons low-fat Greek yogurt, vanilla works well but use your favorite flavor
- 1 tablespoons low-fat cream cheese
- 1/2 kiwi, peeled and sliced into bite-sized pieces
- 4 strawberries, washed, hulled and sliced into bite-sized pieces
- 1/4 teaspoon cinnamon

Directions:

1. In a small bowl, combine the yogurt and cream cheese with the cinnamon.
2. Spread 1-2 tablespoons of the yogurt mixture onto the toasted bread.
3. Top with the kiwi and strawberries.
4. Serve immediately.

Makes 2 servings.



Tarrant County Public Health
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