

BAGEL FACES

SERVES 4

INGREDIENTS

2 whole grain bagels, sliced in half

8 tablespoons low-fat cream cheese

Choose as many of the following:

- 1 thin carrot, sliced in rounds
- 8 to 10 cherry tomatoes, cut in half
- parsley sprigs
- olives
- chives
- broccoli florets
- raisins

DIRECTIONS

1. Wash all surfaces, vegetables, and hands thoroughly.
2. Arrange cut ingredients in small bowls or plates.
3. Spread cream cheese on bagel halves.
4. Decorate with vegetables.



NUTRITION INFORMATION:

(with carrot, tomatoes, broccoli, raisins)

Nutrition Facts

Serving Size 1/2 bagel

Amount Per Serving

Calories 233

% Daily Value

Total Fat 5.6g 9 %

Saturated Fat 2.8g 14 %

Trans Fat 0.0g

Cholesterol 26.2mg 9 %

Sodium 406.7mg 17 %

Total Carbohydrate 38.4g 13 %

Dietary Fiber 2.8g 11 %

Sugars 11.6g

Protein 8.2g

Vitamin A 54 % Calcium 7 %

Vitamin C 43 % Iron 8 %

Potassium – 343 mg, 10%

FOR MORE INFORMATION ABOUT SNAP-ED, VISIT OUR WEBSITE

AT www.extension.umn.edu/nutrition

(Revised 8/2014)

SIMPLY GOOD EATING

 UNIVERSITY OF MINNESOTA | EXTENSION

© 2014 Regents of the University of Minnesota. All rights reserved. University of Minnesota Extension is an equal opportunity educator and employer. In accordance with the Americans with Disabilities Act, this material is available in alternative formats upon request. Direct requests to 612-626-6602.

♻️ Printed on recycled and recyclable paper with at least 10 percent postconsumer waste material. This material is funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income.