

Healthy Fruit & Cheese Danish

You will need:

2 Quaker Oat Caramel Corn or Cinnamon Rice Cakes
1/8-cup low fat cottage cheese
1/8-cup fat free cream cheese
2 packets Splenda or Equal
1 tbsp sugar free strawberry preserves
Blueberries, strawberries and/or raspberries
Cinnamon

Preparation:

Combine cottage cheese, cream cheese, Splenda and cinnamon in a bowl; mix until creamy. Spread evenly, either between the rice cakes, or on top of just one. Top with preserves and fruit.

This makes a great healthy snack with under 140 calories each Danish, or as a quick on-the-run breakfast. The kids will love it too!!!

Contact Pam for an individually designed meal plan @ 978-273-5788 or email her @ pamjanco@hampsteadhealth.com