

# Rainbow Fruit Toast

## Ingredients:

- 1 slice multigrain bread, toasted
- 1 tbsp reduced-fat cream cheese
- 2 - 3 fresh strawberries, sliced
- 2- 3 fresh mango spears
- ½ medium kiwi, sliced
- 2 tbsp fresh blueberries
- optional toppings: honey, chopped mixed nuts



<https://www.tasteofhome.com/recipes/rainbow-fruit-toast/print>



## Instructions:

1. Spread cream cheese on toasted bread.
2. Slice into 4 sections.
3. Top each section with a different fruit.
4. Drizzle with honey and/or mixed nuts, if desired.

## Nutrition Facts

1 servings per container  
Serving size 1 slice of toast

Amount per serving  
**Calories 200**

% Daily Value\*

<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 38g	<b>14%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 15g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 6g	
Vitamin D 0mcg	<b>0%</b>
Calcium 70mg	<b>6%</b>
Iron 1.1mg	<b>6%</b>
Potassium 320mg	<b>6%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

For more information contact The Living Whole Employee Wellness Program at (909) 651-4007 or email [livingwhole@llu.edu](mailto:livingwhole@llu.edu).

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