

Rainbow Fruit Toast

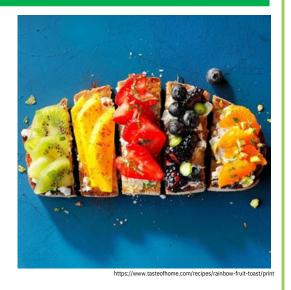
Ingredients:

- 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



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.



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1 servings per container

Serving size 1 slice of toast

Amount per serving

Calories

200

9	6 Daily Value*
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 190mg	8%
Total Carbohydrate 38g	14%
Dietary Fiber 6g	21%
Total Sugars 15g	
Includes 2g Added Suga	ars 4%
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Protein og				
Vitamin D 0mcg	0%			
Calcium 70mg	6%			
Iron 1.1mg	6%			
Potassium 320mg	6%			
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*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.

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