

Toast with Cream Cheese

 1 Serving 164 Kcal / serving

 Post Exercise Snack


Ingredients

- 1 (40g) - **Slice wholemeal sourdough loaf**
- 1 (15g) - **Tablespoon light cream cheese**



The Method

Toast the bread and spread with the cream cheese. Cut on the diagonal and arrange on a plate to serve.

 Suitable for vegetarians