



Benecol® Toast, 3-Ways

Makes: 3 Servings (3 slices of Toast)

Prep Time: 5 minutes

Ingredients:

- 3 slices Whole Wheat Bread
- 3 Tablespoons Benecol® Regular or Light

Preparation

1. Toast the whole wheat bread slices and smother with Benecol® (1 Tablespoon each).

Banana Nut Toast

- ½ banana, sliced
- 1 Tablespoon walnuts, chopped

Sprinkle banana and walnuts on toast; cut into 3 equal strips.

Butter and Jam

- 1 Tablespoon reduced sugar fruit jam

Spread jam onto toast with Benecol®; cut into 3 equal strips.

Cinnamon and Honey

- 1 tsp. honey
- ¼ tsp. cinnamon

Drizzle honey and sprinkle cinnamon on toast; cut into 3 equal strips.

