

# RAISIN BREAD WITH APPLESAUCE AND CINNAMON

## Ingredients (makes 1 servings)

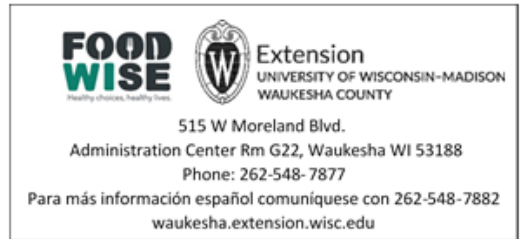
- 1 slice Whole wheat with raisin bread
- 1-1/2 Tablespoons applesauce
- Cinnamon (sprinkle to taste)

## Directions

1. Spread applesauce on bread.
2. Sprinkle with cinnamon.

## Nutrition Information- Per serving

Calories	75.5	Total Sugars	7.5g	Sodium	85mg
Protein	3g	Total Fat	0g	Cholesterol	0g
Carbohydrate	16g	Saturated Fat	0g	Fiber	2g



FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program- SNAP and Expanded Food and Nutrition Education Program – EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.