

# 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



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