## 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 |
|--------------|------|---------------|------|
| Protein      | 3g   | Total Fat     | 0g Ū |
| Carbohydrate | 16g  | Saturated Fat | 0g   |



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| Sodium      | 85mg |
|-------------|------|
| Cholesterol | 0g   |
| Fiber       | 2g   |