

Smashed Blackberry and Cheese Toast

Ingredients:

- 1 1/2 cups blackberries
- 1/2 cup blueberries
- 1 teaspoon vanilla
- 1 1/2 tablespoons sugar
- 2 tablespoons water
- 1–2 teaspoons cornstarch, sifted
- 8 slices challah bread
- 4 ounces cream cheese
- 1 sprig mint, optional garnish

Directions:

1. In medium sized saucepan combine blackberries, blueberries, vanilla, sugar, and water. Heat while covered over medium-low flame. Simmer for 5 minutes, or until fruit starts to burst, and gently mash with fork or potato masher. Whisk in cornstarch until well combined. Add more cornstarch for a thicker consistency, if desired. Cover once more and simmer on low for an additional minute, then let cool.
2. Toast bread to preference.
3. Smear each slice of bread with cream cheese and top with smashed berries. Garnish with mint if desired.

Nutrition Facts

Serving Size 1 toast (85g)
Servings Per Container 8

Amount Per Serving

Calories 140 **Calories from Fat** 60

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 150mg **6%**

Total Carbohydrate 18g **6%**

Dietary Fiber 3g **12%**

Sugars 6g

Protein 5g

Vitamin A 6% • Vitamin C 10%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

