



## Cinnamon Blueberry Toast

### Ingredients:

3 T unsalted butter, divided  
1 t ground cinnamon  
1 pint blueberries, washed and dried  
8 slices raisin or cinnamon bread

Melt 2 T of butter in a pan over low heat and stir in the cinnamon. Add the blueberries, and apples if using, and stir well to coat. Cook gently until blueberries and apples are soft, about 2-3 minutes.

Preheat the broiler and line the broiler pan with foil. Arrange the bread in the broiler pan and lightly toast on both sides – watching carefully that it does not brown or burn. Brush the bread with the remaining 1 T butter. Top each slice of toast with a spoonful of fruit, dividing the fruit evenly among the toasts. Broil just until the fruit begin to brown, again watching carefully. Serve immediately. Makes 8 toasts.

**Variation:** Add 2 apples, cored and diced, to the recipe. Cook apples with blueberries.

**Skills:** following a multi-step recipe

**Equipment:** medium sauce pan, broiler pan, pastry brush

<b>Nutrition Facts</b>	
Serving Size 1/8 of recipe 68g (68 g)	
<b>Amount Per Serving</b>	
<b>Calories</b> 130	Calories from Fat 49
% Daily Value*	
<b>Total Fat</b> 6g	8%
Saturated Fat 3g	15%
Trans Fat	
<b>Cholesterol</b> 11mg	4%
<b>Sodium</b> 102mg	4%
<b>Total Carbohydrate</b> 19g	6%
Dietary Fiber 2g	8%
Sugars 5g	
<b>Protein</b> 2g	
Vitamin A 3%	Vitamin C 6%
Calcium 2%	Iron 5%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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