



Northeast Delta Dental

Strawberry and Cream Cheese Toast

Do your kids love peanut butter and jelly? Give them a new treat that's better for their smiles (and just as delicious) — strawberry and cream cheese toast. Each ingredient in this healthy snack helps build strong teeth. Strawberries are full of vitamin C, cream cheese is high in vitamin A and whole-grain bread contains a surprising amount of calcium.

Ingredients

- 4 pieces whole-grain bread, toasted
- ¼ cup plain cream cheese
- 8 strawberries, chopped

Directions

1. Spread cream cheese over toasted bread.
2. Top with strawberries.
3. Snack away!

<https://www.deltadental.com/us/en/protect-my-smile/mouth-friendly-recipes/strawberry-and-cream-cheese-toast.html>