SNACKS

CREAM CHEESE AND APPLE TOAST

INGREDIENTS
(makes 2 servings)
• 2 slices wholemeal bread
• 2 tablespoons cream cheese
• ¼ medium apple (diced)

STEPS
1. Spread a layer of cream cheese on bread.
2. Cut to bite-sized pieces for babies.
3. Lay diced apple on bread.

HEALTHY EATING TIPS
Mix pureed fruits with cream cheese to create your own flavoured spreads. You may also use other fruits such as strawberries or mangoes.

A bright future starts with the right nutrition. Watch the video and discover more recipes at healthhub.sg/earlynutrition