

KIWI BREAKFAST TOASTS



Harvest
of the
Month™

CalFresh
1-877-410-8809



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services

INGREDIENTS:

- 3 kiwifruit
- 1 container cream cheese
- 1 package whole wheat English muffins

INSTRUCTIONS:

1. Peel and slice the kiwifruit.
2. Toast the English muffin.
3. Spread cream cheese on each half.
4. Top with slices of kiwifruit.
5. Eat and enjoy!

Yield: 5-8 servings

Source: *Nutrition Dept. original*

The ingredients for this recipe can be purchased with CalFresh benefits. To learn more about or how to apply for CalFresh benefits, call Humboldt County DHHS Social Services at 1-877-410-8809 or visit benefitscal.com.

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