

Apple & Cream Cheese Sandwich

Makes 4 servings



Ingredients

- 8 slices of whole grain bread
- 4 oz of cream cheese - light
- 2 tbsp of sour cream - light
- 2 tbsp of honey
- ½ cup of raisins - optional
- 1-2 apples - granny smith
- 3 tsp of lemon juice
- 1 tsp of orange zest
- ½ cup of mint
- salt and pepper to taste
- ½ cup of strawberries

Directions

- ☞ Soak raisins in a bowl of luke-warm water.
- ☞ Peel & core the apple(s). Slice thinly and drizzle with lemon juice.
- ☞ With an electric mixer, blend cream cheese, sour cream, honey, orange zest & mint together
- ☞ Arrange the apple slices, cream cheese mixture and raisins on 4 bread slices.
- ☞ Close the sandwich with the remaining bread slices.
- ☞ Cut each sandwich in half, diagonally.
- ☞ Serve immediately or cover and refrigerate until ready to serve.

Nutrients (approximately)

297 Calories per serving,
Fat 7.9g, Saturated Fat 4.1g, Cholesterol 19.3mg, Sodium 366.9mg
Carbohydrates 49.1g, Fiber 4.3g, Sugars 21g, Protein 9.3g

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