



TOASTED BAGEL WITH CREAM CHEESE & CHIVES

Mid-morning break / After School Club: This recipe provides a portion of starchy food and a portion of dairy. If provided at lunchtime, it counts towards the standards to provide a portion of starchy food and a portion of dairy.

Recipe adapted from: Eden Foodservice

Ingredients

Primary

700g (7x 100g multigrain bagels, halved)

Secondary

1kg (10 x 100g multigrain bagels)

300g low-fat soft cheese

10g chives, washed and finely chopped

Method

1. Slice the bagels in half and toast for 2 minutes.
2. Mix the cream cheese and chives together in a bowl.
3. Spread the cream cheese chive mixture on one of the toasted sides of bagel and assemble the top.
4. Serve the bagels.

Serving suggestion: add salmon or mackerel and a salad for a more substantial grab and go for lunch.



Number of portions this recipe makes:

14 primary servings (70g)

10 secondary servings (130g)



Prep: 5 minutes

Cook: 2 minutes



Allergy information:

Barley (gluten), milk, rye (gluten), wheat (gluten)



Top Tips

Prepare bagels just before serving.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose bagels with less than 1.0g salt per 100g.