



## CARROT & RAISIN BAGEL

*Breakfast or Mid-morning break: This recipe provides a portion of starchy food, and a portion of fruit/vegetables.*

*Recipe adapted from: Magic Breakfast*

### Ingredients

20g reduced- fat cream cheese  
90g (1 bagel) plain bagel  
60g carrots, grated  
25g raisins  
¼tsp cinnamon

### Method

1. Spread a thin layer of light cream cheese on each side of the bagel.
2. Add the carrot on top of cheese layer and then add dried raisins and cinnamon.
3. Serve half a bagel for primary school pupils, and a full bagel for secondary school pupils.



#### Number of portions this recipe makes:

2 primary servings (95g)  
1 secondary servings (195g)



**Prep:** 5 minutes  
**Cook:** None



#### Allergy information:

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



#### Top Tips

Toast the bagel before adding the cream cheese, raisins and cinnamon.

#### 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.