

Toasted Whole Wheat Bagels with Brie and Strawberries

“For a change of pace, try this quick and yummy lunch”.

4 servings of 1/2 bagel each

INGREDIENTS:

- 2 ounces brie cheese, thinly sliced
- 2 whole wheat bagels, sliced in half and lightly toasted
- 4 strawberries, chopped
- 4 teaspoons honey
- 2 teaspoons slivered almonds



DIRECTIONS:

- Preheat oven to broil
- Arrange slices of brie evenly on toasted bagel halves. Top with strawberries, drizzle with honey, and sprinkle with almonds
- Place on a baking sheet. Broil until brie starts to melt; watch closely. Serve hot.

The Food and Mood Cookbook by Elizabeth Somer: page 71