

Basil and Nectarine Bagel

Add more than just cream cheese to your morning bagel. This recipe adds a bit of spice with red chili pepper. Plus some juicy nectarines and basil leaves will liven up this breakfast meal.

Recipe Type: Breakfast, Brunch

Degree of Difficulty: Very easy

Ingredients

- 1 each thinly sliced fresh California nectarine
- 2 each Oat Bran Bagels
- 6 Tbs cream cheese (light or fat-free)
- 12 large basil leaves
- cracked black pepper
- red chili flakes (optional)



Directions

- 1 Toast bagels and spread with cream cheese (1-½ tablespoons per bagel half).
- 2 Top with basil leaves and nectarine slices.
- 3 Sprinkle with pepper and/or chili flakes.

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 2 minutes

Total Time: 7 minutes

Nutrition Facts

Nutrition (per serving): 195 calories, 1.1g total fat, <1g saturated fat, 2mg cholesterol, 455.8mg sodium, 39.2g carbohydrates, 3.4g fiber, 7.2g sugar, 9.6g protein.

Servings: 2

Weight Watchers Points

Points Plus: The Smart Points and plus values do not include the nectarine nutrition information.

Note: All Weight Watchers Points values do not include the nectarine nutrition information.

Orig. WW Pts: 3

Points Plus: 4

Smart Points: 4

FreeStyle Smart Points: 4

Source: California Tree Fruit Agreement

Web Page: www.eatcaliforniafruit.com