

## Melba Croutons

Cinnamon  
Ingredients

- 1 serving Melba toast
- Lemon juice
- Pinch of cinnamon
- Nutmeg
- Powdered Stevia

Garlic  
Ingredients

- 1 serving Melba toast
- Lemon juice
- Pinch of garlic powder
- Pinch of onion powder
- Paprika
- Sea salt and pepper to taste

Makes 1 serving (1 Melba toast)
0.5 gram protein
0 fat
22 calories

### HCG Diet Tip

*Keep extra allowed vegetable servings on hand if you get hungry. Dr. Simeons did not put a specific limit on vegetables. The standard amounts I've included in the recipes are meant to be a guideline. You may add additional vegetables to your meals up to a total of 500 calories per day.*

### Directions

1. Sprinkle the Melba toast with lemon juice and spices.
2. Bake for 5 minutes in a 350 degree oven or dust dry with your choice of spices.

