

Melba Toast with Strawberry Jam

Ingredients

- 1 Melba toast
- 5 large strawberries
- Stevia to taste

Directions

1. Puree fresh strawberries with Stevia.
2. Serve on top of Melba toast or sprinkle crushed Melba toast over strawberry puree for a wonderful crunchy texture.

Variations:

Add a little vanilla powder or cinnamon to the crushed Melba toast for additional flavor.

Makes 1 serving (1 Melba toast, 1 fruit)
1 gram protein
0 fat
45 calories

