

National Network For Child Care (nccc.org)

BAHAMA BAGELS

- T 1/3 cup lowfat cream cheese
- T 1 tablespoon chopped walnuts
- T 1 tablespoon crushed pineapple
- T 2 bagels, sliced in half

1. Mix cream cheese, pineapple, and nuts in small bowl.
2. Spread on each half of the bagels.
3. Serve.