

## Blueberry Breakfast Toast

1 slice bread - lightly toasted (1 point)

1/4 c. cottage cheese-fat free

1/3 c. blueberries (if frozen, thaw by rinsing in water a minute or so and then pat dry)

sweetener

cinnamon

Spread the cottage cheese on the toast, top with blueberries, sweetener, and cinnamon. Toast in a toaster oven on high twice or put in the oven at 350 for 10 minutes. Serve immediately.

2 POINTS or CORE + 1 Point