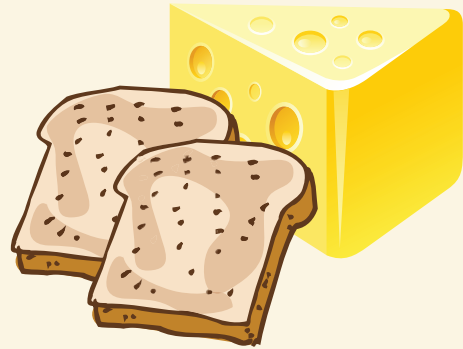


Lift-Off!'s Oh So Cheesy Toast

Ingredients:

2 slices whole grain bread
2 slices cheese
cookie cutters



Instructions:

Heat oven to 350°F. Place bread slices on a cookie sheet sprayed with nonstick cooking spray or use a nonstick cookie sheet. Place one slice of cheese on top of each slice of bread. Cut shapes out of the cheesy bread using your favorite cookie cutter shapes. Keep the scraps. Place in the oven for a few minutes until the cheese is melted and bubbly. Serve the Cheesy Toast with the “Cheesy Scraps”, if desired.

Serves: 2 people

Nutrition Information for 1 serving:

150 calories, 8 g fat, 4.5 g saturated fat, 450 mg sodium,
2 g fiber.

Special Parents' Tip:

You can further reduce the fat and sodium if you use a low-fat, low-sodium cheese.

