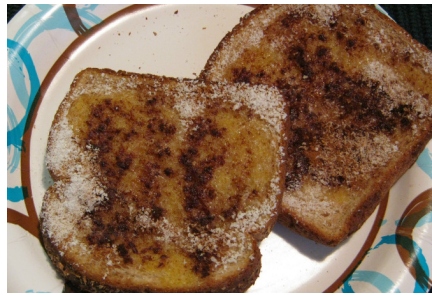


Cinnamon Toast



Totals for 2 slices:

Calories 140 Fat 6g Fiber 5g Carbs 18g

Things you'll need:

- 2 Slices whole wheat bread (totals based on 45 calories per slice)
- 1 T low fat margarine (non-hydrogenated only)
- 2 T Splenda
- 1 tsp ground Cinnamon

Baking sheet or cookie sheet (or if you use a toaster oven – you need the tray)

Now let's get to cookin'!

1. Preheat your oven to 350 degrees.(If you use a regular oven).
2. Half your margarine and spread it evenly on both slices of bread.
3. Lay bread on baking sheet (or tray from toaster oven).
4. Sprinkle 1 T of Splenda evenly on each slice.
5. Sprinkle ½ tsp of cinnamon evenly on each slice.
6. Bake for 12 minutes.(In regular oven – try 10 min in your toaster oven to start and go from there)

NOTE:

For Holidays you can make a big pan of this and just set them out for people to eat as they rise and shine.

I feel a memory coming on!

I grew up on Cinnamon Toast. I come from a big family and so expensive cereals were not a part of our budget. My Dad would make cinnamon toast almost every day. I can still smell that memory and see that plate piled high with toast sitting in the middle of our picnic table, which for many years was our breakfast table. Of course Daddy's was made with butter and white bread, but mine is just as tasty! Thanks, Daddy!

LV Harrison (my father) inspired this **Kitty's Lighter Weigh** recipe!