





See below for 25 servings:

Recipe Name:	Toasty Coconut English Muffin (3-18)
Category:	Snack
Portion Size(s):	5 portions / 1 muffin half each
Meal Components 3-5:	1 oz eq whole grain-rich
Meal Components 6-18:	1 oz eq whole grain-rich
Prep Time:	15 minutes
Cooking Time:	No cook

Ingredients:	Ages 3-18	
	Weight	Measure
Cream cheese, low-fat	2 oz	
Strawberries, raw, chopped	2 oz	
English muffins, whole grain-rich, halved (at least 28 grams per half muffin)	5 oz	5 halves
Coconut, toasted		2 Tbsp

Directions:

1. Chop strawberries and place into a bowl.
2. Using a whisk or mixer, mix cream cheese and strawberries.
3. Toast English muffins.
4. Spread strawberry mixture on toasted muffins.
5. Sprinkle toasted coconut on top.
6. Serve: 1 half. Recommend serving with a serving of milk.

Note: If coconut is not pre-toasted, preheat oven to 350°F. Spread coconut evenly on a sheet pan or cookie sheet. Toast in the oven for 7 minutes. Remove from the oven and stir. If needed, toast for 3-4 more minutes or until golden brown.

Components Per One Serving 3-5:

Meat/Meat ALT	Grain	Vegetable(s)	Fruit	Milk
0 oz. eq.	1 oz. eq.	0 cups(s)	0 cup(s)	0 cup(s)

Nutrients Per One Serving 3-18

Calories	98 kcal	Total Fat	3 g	Total Dietary Fiber	2 g	Vitamin C	7 mg
Saturated Fat	2 g	Trans Fat	0 g	Protein	3 g	Iron	1 mg
Sodium	154 mg	Cholesterol	8 mg	Vitamin A	82 IU		
Sugars	3 g	Carbohydrate	13 g	Calcium	46 mg		

Recipe Name:	Toasty Coconut English Muffin (3-18)
Category:	Snack
Portion Size(s):	25 portions / 1 muffin half each
Meal Components 3-5:	1 oz eq whole grain-rich
Meal Components 6-18:	1 oz eq whole grain-rich
Prep Time:	30 minutes
Cooking Time:	No cook

Ingredients:	Ages 3-18	
	Weight	Measure
Cream cheese, low-fat	10 oz	
Strawberries, raw, chopped	10 oz	
English muffins, whole grain-rich, halved (at least 28 grams per half muffin)	1 lb 9 oz	25 halves
Coconut, toasted		½ cup 2 Tbsp

Directions:

1. Chop strawberries and place into a bowl.
2. Using a whisk or mixer, mix cream cheese and strawberries.
3. Toast English muffins.
4. Spread strawberry mixture on toasted muffins.
5. Sprinkle toasted coconut on top.
6. Serve: 1 half. Recommend serving with a serving of milk.

Note: If coconut is not pre-toasted, preheat oven to 350°F. Spread coconut evenly on a sheet pan or cookie sheet. Toast in the oven for 7 minutes. Remove from the oven and stir. If needed, toast for 3-4 more minutes or until golden brown.

Components Per One Serving 3-5:

Meat/Meat ALT	Grain	Vegetable(s)	Fruit	Milk
0 oz. eq.	1 oz. eq.	0 cups(s)	0 cup(s)	0 cup(s)

Nutrients Per One Serving 3-18

Calories	98	kcal	Total Fat	3	g	Total Dietary Fiber	2	g	Vitamin C	7	mg
Saturated Fat	2	g	Trans Fat	0	g	Protein	3	g	Iron	1	mg
Sodium	154	mg	Cholesterol	8	mg	Vitamin A	82	IU			
Sugars	3	g	Carbohydrate	13	g	Calcium	46	mg			