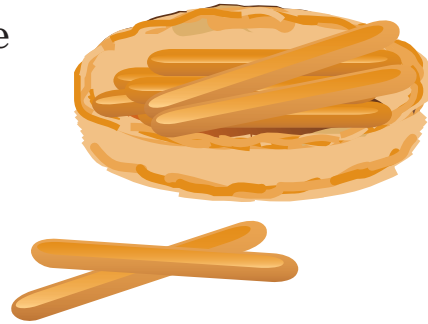


Cinnamon Bread Strips

Ingredients:

- 4 slices bread
- 2 tablespoons oil or melted margarine
- 1 tablespoon skim milk
- 1/4 cup sugar
- 1/2 teaspoon cinnamon



Amount Per Serving	
Calories 30	Calories from Fat 10
% Daily Values*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 4g	7%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 0g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Preparation:

1. Remove crusts from bread and brush both sides of bread slices with oil and milk.
2. Cut each slice into 6 equal strips. Roll strips in mixture of sugar and cinnamon.
3. Toast on cookie sheet in oven at 350° F for 10 minutes, or until crisp.

Makes twenty-four strips (1 strip per serving)