



UCCOOK

Cranberry, Cream Cheese & Honey Bagel

with walnuts

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Samantha du Toit

Nutritional Info	Per 100g	Per Portion
Energy	1167kJ	3438kJ
Energy	279kcal	822kcal
Protein	8g	23.6g
Carbs	40g	118g
of which sugars	11.5g	33.8g
Fibre	4.8g	14.2g
Fat	9.6g	28.3g
of which saturated	3.7g	10.9g
Sodium	279.6mg	823.4mg

Allergens: Cow's Milk, Gluten, Sesame, Wheat, Sulphites, Tree Nuts

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Kleinsky's Pumpernickel Rye Bagels
150ml	200ml	Cream Cheese
45ml	60ml	Honey
90ml	120g	Dried Cranberries
60g	80g	Walnuts
60g	80g	Green Leaves
		<i>rinse</i>

From Your Kitchen

Seasoning (salt & pepper)
Water

1. **BEGIN THE BAGEL** Heat the bagels in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.
2. **TOP WITH TASTY TOPPINGS** In a small bowl, combine the cream cheese with the honey (to taste). Smear the bottom half of the bagel with the honey cream cheese. Scatter over the cranberries and the walnuts. Top with the green leaves. Close up and dig in, Chef!