



WCOOK

Fig Preserve & Cream Cheese Bagel

with almonds

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Samantha du Toit

Nutritional Info

	Per 100g	Per Portion
Energy	1198kJ	3055kJ
Energy	286kcal	730kcal
Protein	5.2g	13.2g
Carbs	44g	111g
of which sugars	8.4g	21.5g
Fibre	1.7g	4.3g
Fat	10.1g	25.8g
of which saturated	4.2g	10.7g
Sodium	281mg	717mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Plain Bagel/s <i>cut in half</i>
50ml	100ml	Cream Cheese
1 unit	2 units	Fig & Raisin Preserve
10g	20g	Almonds
20g	20g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Water

Seasoning (salt & pepper)

1. **WARM BAGEL** Heat the bagel/s in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.

2. **A CHEERS TO LUNCH** Spread the cream cheese over the bottom half of the bagel/s. Dollop over the fig & raisin preserve, and scatter over the almonds. Top with the green leaves. Close up and enjoy, Chef!