



UCCOOK

Cucumber Cream Cheese Bagel

with bagel spice & dill

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	892.3kJ	2752.8kJ
Energy	213.3kcal	658.1kcal
Protein	3.8g	11.8g
Carbs	29.8g	91.8g
of which sugars	1.3g	4.2g
Fibre	1.2g	3.6g
Fat	6.7g	20.8g
of which saturated	3.4g	10.4g
Sodium	508mg	1567.3mg

Allergens: Gluten, Sesame, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Plain Bagel/s
50ml	100ml	Cream Cheese
100g	200g	Cucumber <i>rinse & cut into thin rounds</i>
15ml	30ml	Old Stone Mill Everything Bagel Spice
3g	5g	Fresh Dill <i>rinse & pick</i>

From Your Kitchen

Seasoning (Salt & Pepper)
Water

1. **A QUICK WARM-UP** Heat the bagel halves in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.
2. **DILL-ICIOUS** Smear each half of the bagel with the cream cheese, and top with the cucumber, the bagel spice, and the picked dill. Enjoy.