**Peaches and Cream Cheese Toast**

Prep Time: 5 minutes

Servings: 1

**Ingredients:**

* 1 slice of toast
* 1 tablespoon cream cheese
* ½ cup sliced peaches

**Optional Ingredients (not typically offered at cougar pantry, but may help enhance flavor):**

* Honey, maple syrup, or agave, to drizzle on top

**Directions:**

1. Spread cream cheese on the toast, and top with sliced peaches.If desired, drizzle honey, maple syrup, or agave on top.

Peaches and cream cheese toast is a delicious, quick, and easy breakfast. Cream cheese contains calcium and phosphorus, which aids in bone health. Peaches are high in antioxidants, which helps the body fight against aging and disease. Peaches also contain fiber, which is beneficial for digestion. Try to use whole wheat or multigrain bread for your toast, because it will add additional fiber to your meal, as well as providing more nutrients than white bread. Canned pears, if more preferable, are additionally offered at the cougar pantry and would also work great on cream cheese toast. Enjoy!

Adapted from: <https://www.eatwell101.com/peach-toasts-recipe>