

Orange Creamsicle Bagel



Savor the nutritious delight of our Creamsicle-style Bagel, with multigrain goodness, protein-packed Greek yogurt, vitamin-rich oranges, crunchy pumpkin seeds, and a touch of natural sweetness from honey.

Preparation 7 min

Cooking 0 min

Servings 2

Nutrition Facts (per serving)

Calories 200

Fat 6

Carbohydrates 28

Fibre 4

Protein 10

Sodium 270

Ingredients

- 1 Multigrain Bagel, halved, toasted
- 60 g (2 oz) goat cheese, 12% M.F.
- ½ orange, supremed into thin slices
- A few pumpkin seeds, finely chopped
- A drizzle of honey

Preparation

1. Spread goat cheese on the toasted bagel halves, then top with orange slices, pumpkin seeds, and finish off with a drizzle of honey.

Notes

Keeps 3 days in the refrigerator, does not freeze



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