

Homemade Croutons

Recipe Makes 8 Servings

1 Serving = ¼ cup, 1 SP, 24 calories

¼ cup - 1 SP and 24 calories

Ingredients:

1 Plain or Whole Wheat mini Bagel

Olive oil spray

Garlic salt

Recipe:

Cut the mini bagel into little squares (see pics). Spray a small cookie sheet with olive oil, add the cubes of bread, spray the tops with oil, and sprinkle on the garlic salt and any seasoning you like.

With clean hands, lightly mix the cubes of bread, oil spray and spices to that its evenly coated. Put in toaster oven on medium and toast until golden brown and crunchy. Keep an eye on it so it's golden but doesn't burn. That's it! So easy.

Top your salads and soups or enjoy as a snack!

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