

# Allegro



**9%**  
MILK FAT +  
ANTIOXYDANTS

## BAKED BREAD WITH LIGHT CREAM CHEESE, SPINACH AND CLEMENTINE SALAD



- + 4 clementines
- + 45 ml (3 tbsp) of olive oil
- + Salt and pepper
- + 4 slices of multigrain round loaf bread, toasted
- + 1 container of cream cheese (150 g)
- + 200 g (2 cups) of baby spinach, washed and dried

In a bowl, squeeze the juice from two of the clementines. Add the olive oil, salt, and pepper. Peel the other two clementines and separate them into quarters. Place them in the bowl, and set aside the baked bread with cream cheese. Add the spinach to the Clementine mixture, tossing it lightly. Distribute the salad equally over each slice of bread. Serve immediately.

Perfect as a snack or as a side with steamed fish.

**Nutri-note:** Spinach offers several nutritional benefits. Among other things, it contains xanthophyll, a type of carotenoid that is beneficial to eye health. It is also high in iron, though this is poorly absorbed. Clementines, with their vitamin C content, maximize iron absorption. A winning combination, with the added benefit of being a dish the whole family will enjoy.

**Preparation time:** 10 minutes

**Cooking time:** 5 minutes

**Number of portions:** 4