

Bagel with sprouts

1 bagel

4 tbsp cream cheese

15 g lucerne sprouts

15 g bean sprouts

25 g Cherry tomatoes, quartered

2 tbsp French Dressing

Salt, Pepper

Preparation:

Toast the two halves of the bagel and coat them with cream cheese. Mix the sprouts with the tomatoes and put the mix on the bagel. Add some French Dressing together with salt and pepper.

Enjoy your meal!

