



Ornament Crackers

4 oz cream cheese, fat-free
1/8 tsp garlic powder
12 crackers
Various vegetables for decoration

Mix cream cheese and garlic powder together until smooth. Spread in an even circle onto crackers. Cut up vegetables into small shapes and place to decorate. Makes 12 servings.

Nutrition information per serving: 24 calories, 1 gram protein, 0 grams fat, 4 grams carbohydrate, 78 mg sodium.