



# APPLE & CHEDDAR

## Ingredients

makes 1 serving

- 4 belVita Breakfast Biscuits, Golden Oat (1 pkg)
- 2 slices (1.5 oz) low-fat cheddar
- 1 apple, sliced

## Nutrition Information

per serving

400	Calories
11g	Fat
61g	Carbohydrates
19g	Whole Grain
7g	Fiber
15g	Protein
15%	DV Vitamin C
20%	DV Calcium
10%	DV Iron
480mg	Sodium

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# APPLE & RICOTTA

## Ingredients

makes 1 serving

- 4 belVita Breakfast Biscuits, Blueberry (1 pkg)
- 1/2 cup part-skim ricotta
- 1 apple, sliced

## Nutrition Information

per serving

500	Calories
18g	Fat
68g	Carbohydrates
18g	Whole Grain
7g	Fiber
19g	Protein
15%	DV Vitamin C
35%	DV Calcium
15%	DV Iron
350mg	Sodium

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# SWISS PEAR & RASPBERRY

## Ingredients

makes 1 serving

- 4 belVita Breakfast Biscuits, Blueberry (1 pkg)
- 2 slices (1.5 oz) low-fat swiss cheese
- 1/4 cup pear, sliced
- 1/4 cup raspberries
- 2 tsp honey

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## Nutrition Information

per serving

410	Calories
11g	Fat
58g	Carbohydrates
18g	Whole Grain
6g	Fiber
20g	Protein
15%	DV Vitamin C
55%	DV Calcium
20%	DV Iron
370mg	Sodium



# ALMOND BUTTER & RASPBERRY

## Ingredients

makes 1 serving

- 4 belVita Breakfast Biscuits, Golden Oat (1 pkg)
- 1 Tbsp almond butter
- 1/2 cup raspberries
- 2 tsp honey
- 8 oz nonfat latte

*Spread almond butter evenly over biscuits. Sprinkle berries and honey.*

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## Nutrition Information

per serving

500	Calories
17g	Fat
72g	Carbohydrates
19g	Whole Grain
9g	Fiber
18g	Protein
25%	DV Vitamin C
40%	DV Calcium
20%	DV Iron
340mg	Sodium



# YOGURT & FRESH ORANGE

## Ingredients

makes 1 serving


- 4 belVita Breakfast Biscuits,  
Cinnamon Brown Sugar (1 pkg)
- 1 single serve nonfat vanilla  
Greek yogurt
- 1 medium orange, peeled  
and sliced

## Nutrition Information

per serving

470	Calories
8g	Fat
72g	Carbohydrates
19g	Whole Grain
6g	Fiber
17g	Protein
140%	DV Vitamin C
20%	DV Calcium
10%	DV Iron
270mg	Sodium

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**FROZEN  
YOGURT  
& ORANGE  
SANDWICH**

### Ingredients

makes 1 serving

- 4 belVita Breakfast Biscuits, Cinnamon Brown Sugar (1 pkg)
- 1 single serve nonfat vanilla Greek yogurt
- 1 medium orange, peeled and sliced

*Fold orange slices into yogurt. Spread half of mixture onto 1 biscuit, top with a second biscuit and repeat. Freeze overnight.*

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### Nutrition Information

per serving

470	Calories
8g	Fat
72g	Carbohydrates
19g	Whole Grain
6g	Fiber
17g	Protein
140%	DV Vitamin C
20%	DV Calcium
10%	DV Iron
270mg	Sodium



# APRICOT & GOAT CHEESE

## Ingredients

makes 1 serving

- 4 belVita Breakfast Biscuits, Golden Oat (1 pkg)
- 1 oz goat cheese
- 2.5 apricots, sliced
- 2 tsp honey
- 8 oz nonfat latte

## Nutrition Information

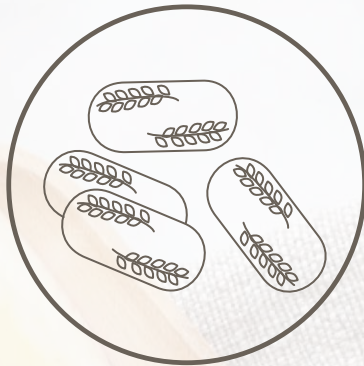
per serving

520	Calories
17g	Fat
71g	Carbohydrates
19g	Whole Grain
5g	Fiber
21g	Protein
15%	DV Vitamin C
45%	DV Calcium
20%	DV Iron
490mg	Sodium

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# Build your own balanced breakfast

with belVita Breakfast Biscuits



A serving  
of belVita

Serving equals 4 biscuits



A serving of  
Low-Fat Dairy

1 cup of low-fat milk/yogurt; 1½ oz cheese



A serving  
of Fruit

1 medium fruit, ½ cup chopped, cooked  
or canned fruit; ½ cup 100% juice

### Crunchy belVita Breakfast Biscuits\*

Blueberry  
Golden Oat  
Chocolate  
Cranberry Orange  
Cinnamon Brown Sugar

### belVita Bites\*

Mixed Berry  
Chocolate

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\*Crunchy belVita Breakfast Biscuits Blueberry, Chocolate, Cranberry Orange and Cinnamon Brown Sugar, and belVita Bites Mixed Berry and Chocolate contain natural flavor with other natural flavors.

belVita  
breakfast