

Tomato, bocconcini and basil bites

Preparation time

5 minutes

Cooking time

0 minutes

Serves

1

Recipe courtesy of

Vanessa Schuldt, Accredited Practising Dietitian (APD)



Ingredients

Method

Nutrition

1 mine roma tomato (red or orange)

1 basil leaf

1 cherry bocconcini

Salt and pepper to taste

Balsamic glaze to taste

1. Skewer a toothpick with a mini roma tomato, a basil leaf and a cherry bocconcini ball

2. Season with a little salt and pepper and drizzle with a balsamic glaze

Repeat step 1 to make as many tomato, bocconcini and basil bites as you would like.

Nutritional information is provided per serve

Engery 233kj

Protein 4g

Saturated Fat 3g

Total Fat 4g

Carbohydrates 1g

Sugars 0.4g

Dietary Fibre 0.3g

Sodium 16mg