

Tomato, bocconcini and basil bites

Preparation time

5 minutes

Cooking time

0 minutes

Serves

1

Recipe courtesy of

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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

| | |
|---------------|-------|
| Energy | 233kj |
| Protein | 4g |
| Saturated Fat | 3g |
| Total Fat | 4g |
| Carbohydrates | 1g |
| Sugars | 0.4g |
| Dietary Fibre | 0.3g |
| Sodium | 16mg |