

Caprese Salad Skewers



These Caprese Salad Skewers are a portable and mess-free version of the classic Italian Caprese salad. Combining fresh cherry tomatoes, mozzarella balls, and basil leaves on skewers, drizzled with balsamic glaze, they are perfect for a quick keto-friendly snack.

Ingredients for 2 serving (US/Metric)

- 107g / 3.8oz **Cherry tomatoes**
- **Fresh mozzarella balls (bocconcini)**
- **Fresh Basil Leaves**
- **Balsamic glaze**
- 1.5 *tbsp* **Olive oil**
- **Salt & pepper to taste**

Nutrition (US/Metric)

- **Protein:** 19%
- **Fat:** 76%
- **Net carbs:** 4%

Instructions

- Assemble Skewers: Thread a cherry tomato, a basil leaf, a mozzarella ball, and another basil leaf onto each skewer. Repeat until all ingredients are used.
- Season: Drizzle with olive oil and balsamic glaze. Sprinkle with salt and pepper.
- Serve: Serve immediately or cover and refrigerate until ready to serve.