

Mediterranean-Style Low-carb Bruschetta



This healthy & delicious refreshingly luscious crunchy Mediterranean Bruschetta starter is a fresh take on the high-carb traditional recipe.

Ingredients for 2 serving (US/Metric)

- 93g / 3.3oz **Red Bell Pepper**
- 46g / 1.6oz **Black Olives**
- 1 *cup* **Spinach**
- 3.5 *tbsp* **Olive oil**
- **Lemon**

Nutrition (US/Metric)

- **Protein:** 2%

- **Fat:** 93%
- **Net carbs:** 5%

Instructions

1. Start by chopping the olives, spinach, & bell pepper finely. Transfer to a bowl and mix with the other ingredients. Serve right away!
2. Fresh endive leaves and Carb Manager Bacon Chips/Cheese Crisps are some fabulous serving options