

Vibrant Caprese Salad



Savor an authentic & appealing Italian salad packed with juicy red tomatoes, soft white cheese, & fresh green basil leaves.

Ingredients for 2 serving (US/Metric)

- 109g / 3.8oz **Mozzarella**
- **Tomatoes**
- 22g / 0.8oz **Basil**
- 1.5 *tbsp* **Olive oil**
- **Salt & pepper to taste**
- **Balsamic vinegar**

Nutrition (US/Metric)

- **Protein:** 23%
- **Fat:** 70%
- **Net carbs:** 7%

Instructions

1. Place the tomato slices neatly one-after-another on a serving dish.
2. Now, slip the mozzarella slices between the tomato slices.
3. Next, put a fresh basil leaf between the tomato & mozzarella. After assembling all 3 ingredients, ensure they are all visible.
4. Sprinkle salt & pepper on top.
5. Add extra-virgin olive oil.
6. *Optional:* Finish off with a drizzle of low-sugar balsamic glaze (max 0.5 tablespoon)