



Low FODMAP Caprese Salad

Serves: 4

Prep: 5 minutes

Cook: No cooking required



Stack Cup

Ingredients	Metric	Imperial
1 punnet of cherry tomatoes (I like to get the little tubs of mixed tomatoes for an interesting alternative and colourful dish)	250 g	8.8 oz
8 cherry bocconcini, sliced	80 g	2.8 oz
¼ cup torn basil leaves	5 g	0.2 oz
Salt & pepper, to taste		
Extra virgin olive oil, to serve		
Balsamic vinegar, to serve		

Method

1. Slice the cherry tomatoes in halves or slices. Place in s serving bowl and top with the sliced bocconcini and shredded basil leaves. Sprinkle with salt and pepper. Mix together.
2. Just before serving drizzle some of the olive oil and balsamic vinegar over the salad.

Hints

- Serve this with a cold meats and cheese board.
- Use this on a slice of low FODMAP toast for lunch.

Nutrition Information (per serve)	
Energy	558 Kj / 133 cal
Protein	6.70g
Carbohydrates	2.50g
Sugar	1.50g
Total Fat	10.60g
Saturated Fat	4.40g
Fibre	1.40g