

Balanced Bejewelled Bites

Duration: 10 minutes, serves 4 canapés



Ingredients:

- ❖ 1 slice wholemeal and/or sourdough bread
- ❖ ½ ripe avocado for a fibre boost, **OR** 20g reduced fat soft cheese for a protein boost
- ❖ A few leaves of fresh mint
- ❖ Handful of pomegranate seeds
- ❖ Juice of half a lemon
- ❖ Pinch of black pepper

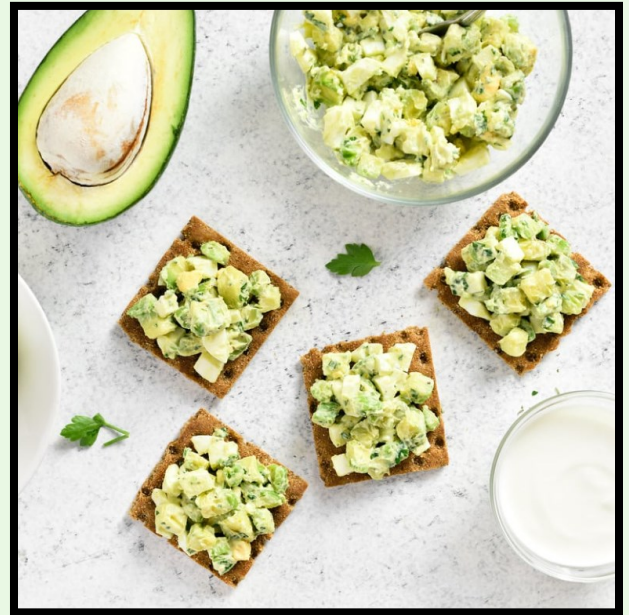
Method:

1. Toast the bread. Leave to cool for 1 minute after toasting.
2. Cut the bread into quarters, then spread the avocado or cheese over each quarter.
3. Roughly chop the mint leaves, then top each quarter with the mint, pomegranate, lemon juice and pepper.

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Nutrition information (with avocado)*:

	Per 4 canapés	Per 100g
Energy (kcal)	279	176
Fat (g)	17.0	10.8
of which saturates (g)	3.5	2.2
Carbohydrate (g)	10	6.3
of which sugars (g)	4.4	2.8
Fibre (g)	8.2	5.2
Protein (g)	7.0	4.4
Salt (g)	0.57	0.26



Nutrition information (with cheese)*:



	Per 4 canapés	Per 100g
Energy (kcal)	249	158
Fat (g)	10.4	6.6
of which saturates (g)	6.1	3.9
Carbohydrate (g)	27.6	17.4
of which sugars (g)	6.8	4.3
Fibre (g)	4.6	2.9
Protein (g)	13.4	8.4
Salt (g)	1.14	0.72

*approximate.