

Adios™

A natural aid for slimming



TOMATO, MOZZARELLA AND BASIL SALAD

Serves: 4

Calories per serving: 280

Preparation time: 10minutes

Ingredients

- 1 packet of low fat / 'healthy living' fresh mozzarella cheese
- 4 medium tomatoes, sliced
- sea salt to season
- Freshly ground black pepper
- 3 tbsp olive oil
- Handful of chopped fresh basil leaves



Method

- 1 Remove cheese from brine and cut into 16 thin slices
- 2 Season tomato slices evenly with salt and pepper
- 3 Alternate tomato and cheese slices on a serving dish and drizzle with olive oil
- 4 Just before serving, sprinkle with chopped basil

If you like the look of one of the recipes for another body shape, don't worry, it's still healthy and low fat, so try it! These recipes aren't exclusive to each body shape, they're just suggestions!

notes: