



## **BRUSCHETTA for 2**

### **INGREDIENTS**

- 1 ½ cups of chopped tomatoes, deseeded
- 1 garlic clove, minced
- ¼ cup basil thinly sliced
- ¼ cup olive oil
- Sa salt
- 4 large slices of sprouted bread

### **INSTRUCTIONS**

Toast the bread slightly so that it is crisp but nor too dry.

In a glass or ceramic bowl combine the tomatoes, garlic, olive oil, sea salt and basil and let sit for fifteen minutes allowing all flavors to come together. Place the tomato mixture on top of the toasted bread and enjoy.

This makes a great snack or a light lunch along a crispy salad or a bowl of soup.

### **Benefits of Tomatoes**

1. Tomatoes are high in antioxidants, in particular lycopene.
2. Tomatoes are high in fiber helping to promote smooth digestion.
3. Tomatoes contain lutein which can help prevent thickening of the arteries and also help our eyesight.
4. Tomatoes contain lycopene which is important for bone health.

Uses in the kitchen: Great to add to salads, place in sandwiches, to get the most benefits eat them raw.