

Colorful Skewer Duet

Ingredients for 20 pieces:

- 200 g Round soft cheese
(e.g.: red mould)
- 1 Kiwi
- 10 Small strawberries
- 150 g Feta cheese
- 1/4 Flat bread (= 100 g)
- 2 – 3 Tbsp Red pesto sauce
- 5 each Large green and
black olives
- 10 Small baguette slices
- 2 – 3 Tbsp mustard
(e.g. fig mustard)
- approx. 20 toothpicks
or cocktail picks

Slice the soft cheese like a cake into ten wedges, peel the kiwi in, wash the strawberries and cut the kiwi in half slices. Cut Feta cheese into 10 cubes. Slide the flat bread into five wedges, cut open into pockets and spread pesto sauce on each one, then place a cube of Feta cheese and an olive on top and fix with a toothpick.

Spread mustard on the baguette slices, top each with a wedge of the soft cheese, a half slice of kiwi and a strawberry, and fix with a toothpick. Serve the skewer duet on a bed of lettuce (optional).

Preparation time: approx. 20 minutes

Per piece:

Joule/Calories: 376/90

Protein: 4,4 g

Fat: 5,0 g

Carbohydrates: 6,0 g