

Red Pepper Crostini

Makes 2 slices

Ingredients

- 1/2 red pepper chopped
- 2 slices of low protein bread of choice
- 1 tsp olive oil
- 4 spring onions
- 1 garlic clove peeled & chopped (or use garlic puree)
- 1 tbsp fresh herbs (parsley or basil)
- Salt & Pepper



Method

1. Add the oil to a pan and fry the red pepper until soft. Alternatively you can roast the peppers in the oven.
2. Sauté the spring onions then add the garlic, herbs, salt and pepper.
3. While the pepper mixture is cooling, toast 2 slices of low protein bread either in the toaster, or using the remaining oil/flavours in the pan to toast both sides of the bread.
4. Serve all together and enjoy!

Source: Nutricia