



# Shrimp and Ricotta Bruschetta

MAKE HEALTHIER CANAPES THE NEXT TIME YOU HOST A PARTY. TRY THIS RECIPE FROM DAIRY BRAND GREENFIELDS!

**Serves: 6**

**Prep time: 80 minutes**

- > 125g Ricotta
- > 2 tsp lemon zest
- > 2 tsp honey
- > 10 basil leaves, thinly sliced
- > Salt and pepper
- > 150g shrimps, cleaned, boiled and chilled
- > 1 loaf baguette, sliced

1. Put ricotta in strainer and refrigerate for about an hour.

2. In medium bowl, combine ricotta, lemon zest, honey

and basil. Season with salt and pepper. Add shrimps and mix well.

3. Toast baguette slices until golden brown.

4. Arrange half spoonful of shrimp mixture on each baguette slice. Garnish with basil leaves and serve.

\* **Nutrition score per serving**  
164kcal, 5.2g fat (0.2g saturated), 18.8g carbs, 10.3g protein, 1.3g fibre, 351mg sodium, 63mg cholesterol

## CRUNCH TIME

ITCHY FOR A BITE? THESE WILL SATISFY WITHOUT SENDING YOU INTO BINGE MODE.



**Garden Picks Honey Mustard Soya Crisps**  
(\$3.80 for 180g pack, [www.gardenpicks.com.sg](http://www.gardenpicks.com.sg))  
Made from non-genetically modified, Australia-grown soya beans, these are flavoured with barley malt extract and mustard powder for a sweet and savoury punch.  
*123kcal per 25g*

**Win Win Vita Crisp Wheat Germ Crackers** (\$2.20 for box of eight 22g packs, major supermarkets)

The protein-packed wafer-thin biscuits will keep you full for some time.

*116kcal per 22g*



**Emily Fruit Crisps Crunchy Apple** (\$3.50 per 30g pack, Cold Storage)  
Contains only apples and non-hydrogenated vegetable oil. No added sugar and preservatives.  
*124kcal per 30g*

# 60%

The rise in gluten-free food sales over the past two years. "Free of gluten", "gluten-free", "no gluten" or "without gluten" labels meet FDA requirements. SOURCE: MINTEL