

# HEALTHY HOLIDAY

## *Hor d'Oeuvres*

(ALL LESS THAN 100 CALORIES)

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### **CAPRESE SKEWER**

69kcal | 7g fat (6g monounsaturated) | 3g protein | 280mg sodium

On a small wooden skewer add:  
grape tomato, fresh mozzarella,  
kalamata olive, and fresh basil.

Sprinkle with sea salt & black pepper.

Drizzle extra virgin olive oil.

