

Pear and plum carpaccio



 30 min.  134 kcal  SteviaSweet Crystal

Preparation

First, mix the ingredients for the marinade. Wash the plums and pears and slice thinly. Cut as many slices as possible, then chop the rest of the flesh and mix into the marinade. Arrange the fruit slices on the plate and pour the marinade over them. Garnish with fresh berries, sliced almonds and fresh basil.

Ingredients for 4 servings

200 g	plums
400 g	pears

Marinade

2 tbsp	lemon juice
2 tbsp	rapeseed oil
1/2 tsp	SteviaSweet Crystal
2 tsp	Cognac

fresh berries, basil
sliced almonds

Garnish

fresh berries, basil
sliced almonds

Nutritional information per portion

134	kcal
652	kJ
1	g Protein
18	g Carbohydrates
5.5	g Fat