

JENNI MARIE'S TEST KITCHEN

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Low FODMAP Bruschetta

Makes 16-18 Pieces

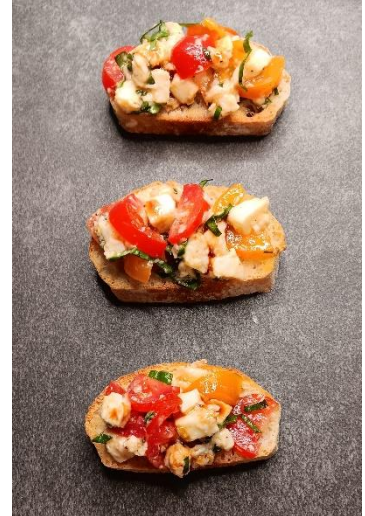
Equipment Needed:

- [Mixing Bowl](#)
- [Kitchen Scale](#)
- [Measuring Cups & Spoons](#)
- [Cutting Board](#) & [Chef's Knife](#)
- [Small Baking Sheet](#)

Directions:

1). Gather all equipment & ingredients. Wash tomatoes & basil. Slice and toast baguette in the oven for 4-6 minutes at 375°F. [De-seed & dice tomato](#). Dice fresh mozzarella into small cubes, and thinly slice fresh basil. Combine tomato, basil, mozzarella, parmesan, salt, pepper, garlic oil, and lemon juice into a small mixing bowl and stir gently to combine. Serve with toasted baguette pieces and balsamic glaze for drizzling on top.

- **1/2 C. (100g.) Diced Tomato (garden fresh is best)**
- **2 T. Fresh Chopped Basil**
- **1/2 C. (100g.) Fresh Mozzarella Diced into Small Cubes**
- **1 T. (10g.) Shredded Parmesan**
- **1/8 t. Kosher Salt**
- **1/8 t. Black Pepper**
- **1 T. (14g.) [Low FODMAP Garlic Oil](#) (sub w/ regular olive oil & 1 clove minced garlic)**
- **1 t. Lemon Juice**
- **Balsamic Glaze (optional)**
- **1 [French Baguette](#), Thin Sliced (Sub w/ GF bread)**



***Other Variations: You can sub fresh mozzarella with 1/4 C. feta cheese for a sharper flavor profile.**

****I like to use [garlic butter](#) when toasting my baguette slices for added garlic flavor.**