



Ingredients

- Two tomatoes
- Two black olives
- A cucumber
- 1 spring onion with stem
- Peppermint leaves

TOMATO FLOWER



We wash all the ingredients. Next, we cut all the tomatoes into wedges without reaching the bottom, so that they open without splitting. We put the black olive in the center of the tomatoes to make the center of the flower. Then we cut the green part of the spring onion and put it as a stem to the flower, to make the lower part we peel and cut the cucumber into slices. To finish we put the mint leaves and we would already have A WONDERFUL HEALTHY RECIPE!



Ingredients

- Six grapes
- A strawberry
- An orange
- A pear
- Spinach leaves

FRUIT WORM



We wash all the fruits. First, we take the grapes and cut them in half and form the body of the worm. For the head, we take the strawberry and make slices. For the feet and face, we use pear pieces. Finally, we put a slice of orange for the sun and some spinach leaves to make the soil. A VERY FUN WAY TO EAT FRUIT!

Ingredients

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A little cheese

Laminated almonds

Black olives



Fuente: pequeocio.com

ALMOND HEDGEHOG



Take the cheese and put it on top of a plate. Next, take the almond slices and stick them all around the cheese as if they were the quills of the hedgehog. To make the eyes, place a piece of black olive, and for the nose, a piece of almond that you have left over and IT'S READY!



HOW COOL IS THE MEDITERRANEAN DIET?!



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