



Artichoke and Olive Bruschetta

1

Hands on

15 minutes

Portion(s)



Ingredients

- 200 g olives, pitted
- 1 tablespoon(s) capers, rinsed and pat dry
- 400 g artichoke, hearts, drained, rinsed and strained and extra for for garnishing
- 50 g olive oil
- 1 clove(s) of garlic
- 10 slices bread
- salt
- pepper, freshly ground

Διατροφικός πίνακας

Nutrition information per portion

197 Calories (kcal)	9.2 Total Fat (g)	1.2 Saturated Fat (g)	21.3 Total Carbs (g)
10%	13%	6%	8%
1.9 Sugars (g)	5.9 Protein (g)	2.5 Fibre (g)	1.3 Sodium (g)
2%	12%	10%	20%

Method

Photo credit: G. Drakopoulos - Food Styling:

T. Webb

- Add the olives, capers, artichokes, olive oil and garlic to a blender. Beat until they become a paste. You can beat the mixture less if you prefer a chunkier mixture or longer if you prefer a smoother mixture. Season to taste.
- Toast the bread in the oven or on an indoor grill. Spread some artichoke paste on the toasted bread.
- Garnish with some extra artichoke pieces and drizzle with some olive oil.
- Serve.