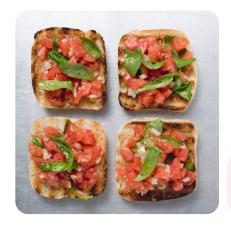
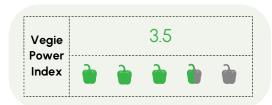
## Bruschetta cups







**BASED ON: 10 SERVES** 

Recipe classification	АСТ	NSW	NT	QLD	SA	TAS	VIC	WA
	Green	Everyday	Green	Green	Green	Green	Green	Green

PREP/COOKING TIME: 25 MINUTES

INGREDIENTS	SERVES 10	SERVES 25	SERVES 50
Wholemeal bread, slices	20	50	100
Large tomatoes, chopped	4	10	20
Red onion, finely chopped	1 1/2	4	8
Parsley, finely chopped	10 sprigs	25 sprigs	50 sprigs
Reduced-fat cheese, grated	½ cup	1 cup	2 cups
Avocado, chopped	1½ medium	4 medium	8 medium

## **METHOD**

- 1. Preheat oven to 180°C
- 2. Cut crust off two opposite sides of bread slices
- 3. Lightly spray muffin pans and place bread in pan so the two non-crust sides join
- 4. Bake in oven until lightly brown and toasted
- 5. Combine balance of ingredients and place spoonfuls into cooked bread cases
- 6. Serve cold or slightly warm with a sprinkle of grated reduced-fat cheese.