



Strawberry and Basil Cappuccino (Dessert)

Quantity	Ingredient	Kcal per 100 g	Kcal per portion
320 g	Strawberry	39	32
200 g	Fresh cheese (<i>queijo fresco</i>) 0% fat	52	26
50 g	Skimmed milk	35	5
5 leaves	Basil	40	1
40 g	Currant	189	19
			83 Kcal

Preparation:

Combine the strawberries and basil in a bowl and blend the ingredients using a hand-held mixer until it becomes a purée.

Beat together the fresh cheese and skimmed milk.

Pour the purée into a martini glass and spoon the cheese mixture on top.

Garnish with basil and bunches of currants or a similar fruit.

This recipe serves 4.