

Mediterranean Mixed Bean Salad

3 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Mixed Beans (cooked)
2 cups Cherry Tomatoes (halved)
1 cup Parsley (finely chopped)
1 tbsp Maple Syrup
1 tbsp Apple Cider Vinegar

DIRECTIONS

01 Combine all ingredients in a mixing bowl. Divide onto plates and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	193	Carbs	37g
Fat	1g	Protein	12g