



HEALTHY RECIPE

Belén López 1C





1000g of tomatoes

1 clove of garlic
salt

50g of green pepper

40g of onion

70g of cucumber



30g of vinegar

1 teaspoonful of

8 cubes of ice

70g of olive oil

200g of water



1. Put in the recipient all the vegetables, the vinegar, the salt and the ice and mix them (30 seconds, 5 velocity) and then (3 minutes, 10 velocity.)
2. Add the oil and put (2 seconds, 7
3. Add the water with all the ingredi
4. Ready to serve.

