This snack is low carb, quick to prepare and mega delicious. Due to the protein they contain, the stuffed tomatoes also fill you up for a long time and are suitable for morning, noon or evening.

What you need for this snack:

2 large tomatoes

120g lean quark

1 tbsp mixed herbs (chives, parsley, basil,...)

Salt, pepper

Cut off the lid of the tomatoes and hollow out the tomatoes with a small spoon. Mix the quark with the herbs and a dash of water, season well with salt and pepper. Fill the quark into the tomatoes and put the lids of the tomatoes back on top. This snack provides around 130 calories and 17 grams of protein.