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Prevent and Protect
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GREEN CLUB SANDWICH

BBC GOOD FOOD MAGAZINE

INGREDIENTS:

- 3 SLICES WHOLEGRAIN OR RYE TOAST
- 3 TABLESPOONS READY-MADE HOUMOUS
- 1 SMALL AVOCADO (100G), STONED AND SLICED
- 1 HANDFUL ROCKET LEAVES
- 8-12 CHERRY TOMATOES, SLICED

METHOD:

- Toast the bread and spread houmous evenly over one side of each slice.
- On one slice of bread, lay half the avocado, rocket and tomato.
- Season with pepper, then cover with another slice.
- Pile on the rest of the avocado, rocket and tomato, season again and top with the third slice.