



Open Sandwiches

(makes 4 servings)

An open sandwich means half the bread, loads of healthy protein and fat-rich toppings, lots of vegetables and a really filling snack or small meal!

Start with a slice of wholegrain rye, millet, spelt or other non-wheat bread or a sprouted grain bread (Essene or Ezekiel). You can toast it first if you wish as toasting often stops any possible sogginess if you are making your open sandwich a while before you plan to demolish it! Try some of these:

- Sliced cooked beef, tzatziki, toasted flaked almonds, fresh mint leaves and a drizzle of honey.
- Fresh prawns or crabmeat, sliced cucumber, chopped boiled egg, natural yoghurt and toasted pine nuts.
- Parma ham, sliced raw mushrooms, sliced tomato, scrambled egg or sliced boiled egg and a dash of Worcestershire sauce.
- Tinned tuna, coarse grain mustard, lime/lemon juice, anchovy sauce, sliced tomato and Greek yoghurt.
- Tinned salmon, chopped boiled egg, sliced mixed olives, sliced avocado, sliced cucumber, natural yoghurt, lemon juice and a good dash of smoked paprika powder.
- Smashed avocado, cottage cheese, grated courgette, cherry tomatoes and chutney.
- Smoked salmon, raita, a dollop of horseradish sauce, watercress and sliced apple.
- Nut butter, mashed fresh berries and watercress leaves.
- Creamy goats cheese, baby spinach leaves, caramelised onions and crunchy, sliced radish.
- Hummus, sliced avocado, grated raw carrot and toasted pine nuts.
- Sliced banana, ricotta cheese and a good sprinkling of cinnamon powder.

Top Tip!

Remember to scribble down some of the combinations you come up with - it's all too easy to forget what works for you - build up a list of them so you can be sure you have your favourite ingredients in stock!