

Easy Cucumber Sandwich



I got this recipe from: *The Best 3 Ingredient Cookbook* by Tony Amidor.

Ingredients

- 1/2 ripe avocado
- 1/2 cucumber
- 4 slices of bread
- salt and pepper to taste

Preparation

Toast the bread.

While it is toasting, peel and slice the half cucumber into 7 mm (1/4 inch) thick slices, slice the avocado lengthwise so that you can split it in two leaving the nut in one of the halves.

Leaving the nut helps keep the other half fresh for longer.

Scoop out the other half with a spoon and spread that on your toasted bread mashing it down with a fork. Place the cucumber slices on top and add salt and pepper to taste.

Makes two delicious and healthy sandwiches.