

# Bacon & Avocado Sandwich

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Makes 1

Preparation Time: 10 mins

Cooking Time: None

*Prepare your own sandwiches. It tastes much better than the shop's at a fraction of the price!*

## Ingredients

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- ❖ 2 slices of whole meal bread
- ❖ fruit jam [optional]
- ❖ ½ avocado, peeled and mashed
- ❖ 2 rashers of bacon, cooked and sliced

## Directions

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1. Smear one slice of bread with your favourite fruit jam, e.g. black cherry. Otherwise simply butter it.
2. On the same piece of bread, spread out the sliced bacon evenly.
3. Spoon the mashed avocado on the other slice, spread evenly and season to taste.
4. Place the avocado slice of bread on top of the bacon one, halve or quarter the sandwich and enjoy!

## Variation

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If you are too lazy to cook some bacon first, ham is a great alternative. When you have leftover slices of roast lamb in the fridge, forget the bacon and use the lamb instead because this sandwich is simply beautiful.

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