



Mini avocado sandwiches

Ingredients (per a 1 ració)

No crusts sliced bread

Avocado

Carrot

Cream cheese

Extra virgin olive oil

Salt (skip in case of hypertension or fluid retention)

Pepper

Method

1. Peel and grate the carrot.
2. Peel and cut the avocado into thin slices.
3. Spread the cream cheese on one side of the two slices of bread and arrange the grated carrot and avocado on top.
4. Season with salt, pepper, and a splash of virgin olive oil. Finish assembling the sandwich and serve.