



# A "NOVEL" LUNCH

## TURKEY, TOMATO & AVOCADO SANDWICH

### INGREDIENTS

2 SLICES OF BREAD OF CHOICE

1 MEDIUM RIPE AVOCADO

1 MEDIUM TOMATO

2-3 SLICES OF TURKEY LUNCH MEAT

1/4 CUP OF HUMMUS

### INSTRUCTIONS

#### Prep:

- Toast bread
- Peel and mash avocado
- Slice tomato

#### When you are ready for your lunch break:

- Spread avocado over 1 slice of toast
- Spread hummus over the other slice of toast
- Add your turkey and tomato
- Enjoy!

