

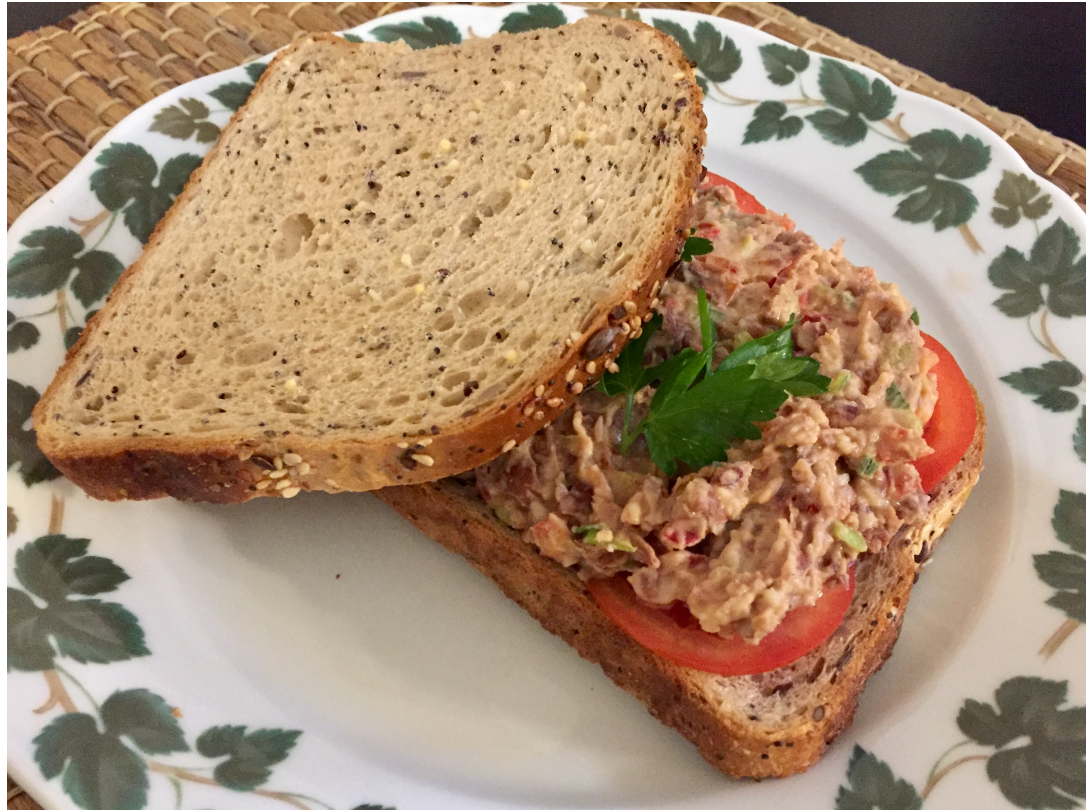
10 EASY & DELICIOUS



SANDWICH RECIPES



Chunky Bean Sandwich



Ingredients (serves 4)

- 1 15-ounce (425g) can Borlotti beans, drained and rinsed
- 1/2 medium red bell pepper, finely diced
- 9 pimiento-stuffed green olives, finely chopped
- 1 scallions, green part only, thinly sliced
- 1 tablespoon vegan mayonnaise, or more, as desired
- 2 tablespoons lemon juice, or to taste
- 1/2 teaspoon ground cumin
- black pepper and salt to taste
- thinly sliced tomatoes
- a bunch of fresh parsley
- 2 slices of wholegrain wheat or rye bread per serving

Instructions

1. In a shallow bowl, mash the beans with the tines of a fork or a potato masher. Finely chop the bell pepper, olives, and scallions. Combine them with the beans and stir in the mayo, lemon juice, cumin, and pepper.
2. Arrange tomato slices on a slice of bread, then spread the bean mixture over them. Top with fresh parsley. Enjoy!

Chickpea and Kale Sandwich



Ingredients (serves 4)

- 2 cups chopped kale leaves
- 1 medium carrot, peeled and cut into chunky pieces
- 1 15-ounce (425g) can chickpeas, drained and rinsed
- 2 tablespoons nutritional yeast
- 3 tablespoons vegan mayonaise
- 2 tablespoons fish parsley or fresh dill
- 2 scallions, green parts only, cut into large pieces
- 4 tablespoons freshly squeezed lemon juice or more to taste
- 1/2 teaspoon ground cumin
- black pepper to taste
- 1 wholemeal tortilla per serving

Instructions

1. Combine all ingredients in a food processor and pulse until they're mixed and the texture is chunky. Do not over-process.
2. Transfer to a container. Spread the filling down the centre of the tortilla and wrap it up.

Mexican Avocado Sandwich



Ingredients (serves 2)

- 1 avocado
- 3/4 cup cooked black beans
- 1 tablespoon lime juice
- 1 teaspoon nutritional yeast
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 handful fresh parsley (optional)
- tomato slices
- 1 wholemeal tortilla per serving

Instructions

1. Place the avocado in a bowl and add the lime juice, nutritional yeast, salt and pepper. Mash with a fork.
2. Stir in the black bean.
3. Spread a layer on a tortilla. Top with parsley and tomatoes and wrap it up.

Cheezy Avocado Sandwich



Ingredients (serves 1)

- 1 tablespoon vegan mayo
- half of an avocado
- 1 teaspoon lemon juice
- 1 tablespoon chopped parsley
- sprinkle: 1 tablespoons mixed seeds, 1 tablespoon nutritional yeast, 1/2 teaspoon hemp seeds, pinch of pepper
- 2 slices of wholegrain wheat bread

Instructions

1. Chop the seeds as finely as you like, then mix them with the remaining sprinkle ingredients.
2. Mash the avocado with the lemon juice and the cheezy sprinkle. Add in parsley.
3. Put vegan mayo on toast and spread mashed avocado over it. Serve!

Hummus Avocado Sandwich



Ingredients (serves 1)

- 1/3 avocado
- 2 tablespoons hummus
- tomato slices
- cucumber slices
- 1 tablespoon nutritional yeast
- 2 slices of wholegrain wheat bread

Instructions

Spread the hummus on bread, layer with avocado, tomatoes and cucumber slices.

The Popeye Sandwich



Ingredients (serves 1)

- Tons of raw spinach
- 2 tablespoons red pepper hummus
- 2-3 thin red onion slices
- 2 slices of wholegrain wheat or rye bread

Instructions

Spread the hummus on bread, layer with spinach and red onions.

The Cool One



Ingredients (serves 1)

- 1-2 tablespoons cashew butter
- 3-4 cucumber slices

Instructions

Spread the cashew butter on bread, layer with the cucumber. Enjoy!

Carrot Cake Sandwich



Ingredients (serves 1)

- 2 tablespoons peanut butter
- 1/2 carrot, grated
- 1 teaspoon cinnamon
- 1 tablespoon date syrup
- 2 slices of wholegrain wheat or rye bread

Instructions

Spread the peanut butter on bread, layer with the grated carrots. Sprinkle with cinnamon and pour syrup over it. Enjoy!

Banana Cream Pie



Ingredients (serves 1)

- 2 tablespoons non-dairy cream cheese
- 1 banana, sliced
- 1 teaspoon cinnamon
- 1 wholemeal bagel

Instructions

Spread the cream cheese on the bagel, layer with banana slices, and sprinkle cinnamon over the banana. Enjoy!

Creamy Apple Carrot Sandwich



Ingredients (serves 1)

- 2 tablespoons non-dairy cream cheese
- 1/2 apple, sliced
- 1/2 carrot, grated
- 1 teaspoon cinnamon
- 1 tablespoon date syrup
- 2 slices of wholegrain wheat bread

Instructions

Spread the cream cheese on the toast, layer with apple slices and grated carrots. Sprinkle with cinnamon and pour syrup over it. Enjoy!