



60 Days to Reclaim YOUR Health

OPEN FACE SANDWICH IN A FLASH

Ingredients

Tomato slices (to cover 2 pieces of bread or 2 English muffin halves)
1/2 avocado
1-1/2 Tbsp veganaise
2 slices of bread
sprinkles of unrefined sea salt
sprinkles of pepper
sprinkles of garlic powder

Directions

1. Toast bread
2. Spread with veganaise
3. Cover bread with tomatoes
4. Sprinkle salt, pepper and garlic powder
5. Lay 3 strips of avocado across tomatoes

You can eat immediately with a fork and knife or place sandwich under broiler to warm (for 30-seconds to minutes). Broilers vary so watch closely to avoid burning.

Serves one or two

Pressed for time? No worries. This sandwich is so good and so quick you'll want to make another one.