



Plate Tsunagu



Open Sandwich with Fig and Blue Cheese

Figs are called the fruit of longevity. They contain high amounts of dietary fiber, calcium, and iron, which women tend to lack. Please serve with lemon juice, which contains vitamin C and is effective in absorbing iron.



<Ingredients> For 2 servings

2 loaves of bread of your choice
4 tablespoons blue cheese
Butter to taste
2 figs
1 tablespoon honey
1 tablespoon lemon juice
A dash of black pepper

<How to Cook>

- 1 Cut the bread in half and bake in the toaster.
- 2 Spread butter and blue cheese on one side of the bread.
- 3 Top with sliced figs and drizzle with honey and lemon juice.
- 4 Finally, sprinkle with black pepper.

