

Fresh for Kids®

Rainbow salad sandwiches



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Preparation: 10 minutes

Serves: 2

1 small ripe avocado, peeled and stoned
1 tsp lemon juice
Salt and ground black pepper
4 thick slices multigrain or rye bread
1 Iceberg lettuce leaf, shredded
1 small beetroot, washed and grated
1 small carrot, peeled and grated
4 sliced tomato or ¼ finely sliced red capsicum
Small handful of snow pea or alfalfa sprouts

1. Place avocado in a bowl. Add lemon juice, season with salt and pepper and mash with a fork until smooth. Place bread on a board and spread with avocado mixture.
2. Top 2 slices of bread with lettuce, beetroot, carrot, tomato or capsicum and top with a few snow pea or alfalfa sprouts. Top remaining bread. Cut in half, wrap and pack.

For fresh fruit and vegetable recipes visit
www.freshforkids.com.au.

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