

## **COMBINING RIGHT RECIPES**

### **Quick Lunches - STARCHES**

#### **Colourful salad sandwich – serves 2**

4 slices yeast free bread  
½ ripe avocado, peeled and mashed  
4 fresh dark green lettuce leaves  
1 large tomato, sliced  
freshly chopped parsley  
4 slices beetroot, cooked  
freshly ground black pepper and sea salt

spread 2 sliced of bread with mashed avocado, then add the other ingredients in layers. Season with spices then top with remaining bread slices.