

Delux Ham and Cheese Sandwich

Ingredients

- 2x slices Tip Top® The One®
- 1 handful of lettuce
- 1 tomato, sliced
- 1 carrot, grated
- 1 slice of cheddar cheese
- 2 slices of finely shaved ham, off the bone

Avocado Mix

(Serves 4)

- 1 avocado
- 2 tablespoons lemon juice

Directions:

1. Scrape avocado out of skin into a bowl. Mash avocado into a paste and add lemon juice.
2. Place Tip Top® The One® slice on a board and spread avocado mix over the slice of bread.
3. Assemble the sandwich with a handful of lettuce, slices of tomato, carrot, cheese and ham.

TIP: If your avocado is too hard, you can always speed up the ripening process by placing it in a brown paper bag with either a banana or an apple. This can take 2-3 days.

NUTRITION TIP: Avocados are nutrient-dense and particularly high in healthy monounsaturated fats. They offer a great alternative to butter as a spread on sandwiches.

