

Fresh for Kids®

Bacon, lettuce, avocado & tomato sandwiches



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& tomato sandwiches

Preparation: about 20 minutes

Cooking: about 5 minutes

Makes: 2

- 1/2 small ripe avocado
- 125g rindless short cut bacon rashers
- 4 slices whole grain bread
- 1 medium vine-ripened tomato, sliced
- 2 small Iceberg lettuce leaves, shredded

1. Mash avocado with salt and pepper in a small bowl (if preparing ahead of serving, add 1 tsp lemon juice to prevent browning).
2. Preheat a non-stick medium frying pan on medium heat. Cook bacon, turning occasionally, for 5 minutes until crisp. Drain on paper towel.
3. Toast bread. Lay 2 slices toast on a board. Spread with half the mashed avocado. Top with bacon, tomato and lettuce. Spread remaining toast with remaining mashed avocado. Top sandwiches. Secure with toothpicks (optional). Cut in half and serve.

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Avocados:

- A good source of vitamin B6. This vitamin has many functions and is especially important during prolonged exercise when it plays a role in changing amino acids into glucose to provide energy to the muscles.
- Avocados contain fat, but it's good unsaturated fat that can assist the body to absorb some vitamins and other protective plant nutrients.