

Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

Avocado Sandwich

Ingredients

2 slices of low carb
alternative bread (refer to
Good To Eat bread recipes)

½ an avocado

Butter

Method

You get the idea, right? Just because you have made the change to eating low carb doesn't mean you can't have a sandwich for lunch. We have included a number of alternative bread recipes for you to utilise. Use any filling that you know will be a healthy low carb choice and enjoy your sandwich. The combinations are limitless. Try some avocado like we have done here. Perhaps some Haloumi, or a sliced boiled egg. Let your culinary creativity loose. xoxo

1. Butter your bread if you so desire.
2. Cut avocado into slices and place on sliced low carb bread.
3. Serve.

Preparation Time: 2 minutes

Cooking Time: 5 minutes

Author: Fran Ramsay

Makes 2



For more recipes and information on living the low carbohydrate lifestyle find us at:

www.goodtoeat.com.au