

CREAMY CHICKPEA SANDWICH

It's crunchy, creamy & fresh tasting. Perfect for a hot summer afternoon and packed with protein from the chickpeas. The beauty of this salad sandwich is that it's customisable, so you can sub in your favourite herbs and seasonings.

EASY	20 MINUTES	NA	4

Ingredients

- 1 x 400g tin chickpeas, drained
- 1/2 cup plant based mayo
- 1 tsp lemon juice
- 1/4 cup celery, diced
- 3 tbsp dill pickles, diced
- 1/4 cup roasted almonds, chopped
- 2 tbsp chopped flat leaf parsley
- 1 avocado, diced
- Pinch of salt and pepper
- Baby cos lettuce leaves
- 8 slices Low GI bread

Instructions

1. Put half of the chickpeas in a bowl and mash roughly with the mayo and lemon juice.
2. Add and stir the celery, pickles, almonds, parsley, avocado and seasoning together.
3. Top 4 slices of bread with the chickpea mixture and lettuce leaves, and top with the remaining bread slices to complete your sandwich.