

Avocado and Cucumber Sandwiches



Serves: 1



Cooking Time: 45 minutes



Level: Easy



INGREDIENTS

1 large or 2 small ripe avocados
1/2 cup fresh mint leaves
1 jalapeño, deseeded and finely minced
1 cup packed cilantro (just the leaves)
Juice of 1 lime
2 tablespoons honey
Salt to taste
1 loaf white sandwich bread, sliced
Powdered cumin, toasted
1 English cucumber, sliced paper-thin

PREPARATION

1. Combine avocado, mint, cilantro, lime, jalapeño and salt in a food processor to make a smooth spread.
3. Adjust for salt, then refrigerate until needed.
4. Spread the avocado 'butter' on two slices of bread, then add a layer or two of the cucumber.
5. Sprinkle with toasted cumin and cover with the second slice of bread.
6. Cut off the crusts off, then slice into three rectangles.
7. Serve with afternoon tea.