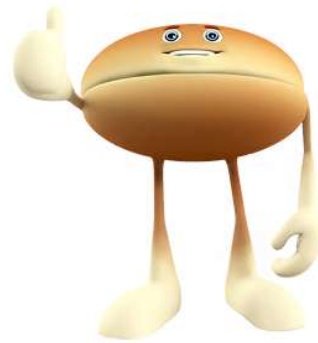


Sandwich Ideas for Healthy Eating

Bread ideas

- Bagel
- Flatbread
- Pitta
- Chapati
- Granary bread
- Panini
- Roll
- Thins
- Wholemeal bread
- Crackers
- Wrap



Filling ideas

All sandwich fillings are for one serving.

Cheesy apple slaw

Mix together 1 tablespoon grated apple, 1 tablespoon of grated cheese, 1 chopped spring onion, a squeeze of lemon juice, dash of mayonnaise

Tuna and sweetcorn mayo

Mix 1 tablespoon of tuna, 1 tablespoon of sweetcorn and 1 tablespoon of mayonnaise

Salmon smash

Mix 2 tablespoons tinned salmon with a dash of ketchup

Egg mayonnaise

Mash together 1 hard-boiled egg and 1 tablespoon of mayonnaise

Coronation chicken (to make vegetarian swap the chicken for tinned chickpeas)

Mix together 2 tablespoons of chopped up cooked chicken, 1 tablespoon of mayonnaise and a pinch of mild curry powder, ½ teaspoon of mango chutney (optional)

Curried tuna

Mix together 2 tablespoons of tinned tuna, 1 tablespoon of fromage frais or plain yoghurt, 1 tablespoon of diced fresh tomato, pinch of mild curry powder, 1 teaspoon of thinly sliced spring onion (optional)

Roasted vegetables and feta cheese

Mix 2 together tablespoons of cold roasted vegetables with 1 tablespoon of crumbled feta cheese. You can roast your favourite veggies by chopping them into bite-sized pieces, lightly coating them with oil and a pinch of with salt and pepper, and cooking them in a preheated (180C or gas mark 5) oven for 35 minutes

Chickpea smash

Mix together 2 tablespoons of mashed tinned chickpeas, 1 tablespoon of houmous, a small squeeze of lemon, 1 tablespoon of finely chopped cucumber and 1 tablespoon of finely chopped tomatoes, and season with salt and pepper. Optional ingredients you may want to add, include finely diced spring onion and/or freshly chopped coriander

Houmous, grated carrot and lettuce

Ham/cooked chicken or vegetarian alternative with, mayonnaise, lettuce and tomato

Cream cheese and cucumber

Falafel and houmous

Your favorite cheese and pickle or chutney

