



Healthy Dad Recipes

SAILBOAT SANDWICHES

Yield: 6 servings

Ingredients:

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| 6 slices | wholegrain bread with crusts removed |
| 125 g | hummus |
| 1 | small carrot grated |
| 3 slices | Swiss cheese |
| 1 | red pepper, seeded and sliced for mast |
| ½ | cucumber halved and sliced thinly |



Instructions:

- Place 3 slices of bread on a clean surface. Spread each piece with a little hummus.
- Divide the grated carrot on top each slice.
- Place the last 3 slices on the carrot.
- Spread the top of the sandwich with remaining hummus and then top with cheese slices.
- Cut the sandwich diagonally to make two triangles.
- Place the red pepper mast up the centre of each triangle and place the cucumber waves along the long side of each triangle.

Nutritional Facts:

1 serving: 138 calories, 5 g fat (2.5 g saturated), 16 g carbohydrate, 6.5 g protein

Recipe courtesy of taste.com.au