



Creamy Chickpea & Avocado Sandwich

3 servings

10 minutes

Ingredients

- 1 3/4 cups Chickpeas (cooked, rinsed)
- 1 Avocado
- 1 tsp Lemon Juice
- 1/4 cup Parsley (finely chopped)
- 1 Garlic (small clove, minced)
- Sea Salt And Pepper (to taste)
- 6 slices Gluten-Free Bread (toasted)
- 1 cup Arugula
- 1/2 Cucumber (large, sliced)

Directions

- 1 In a large bowl, add the chickpeas and avocado. Mash well until everything is combined. Add the lemon juice, parsley, garlic, sea salt and pepper. Mix well once more.
- 2 On one slice of the toast, add the arugula and cucumber. Top with the mashed chickpea mixture and the other slice of toast. Slice and enjoy!

Notes

Leftovers, Refrigerate the leftover chickpea-avocado mix in a sealed container for up to two days.

More Flavor, Add fresh herbs or spices to the chickpea mixture, such as dill, cumin or cayenne.