

Avocado Reuben

Ingredients:

2 slices Spelt, Rye or any Challenge
Friendly bread
Mustard
Balsamic vinegar and olive oil dressing
1/2 avocado, pitted, peeled, and mashed
1/4 cup sauerkraut

Directions:

Spread one slice of bread with some
mustard, the other slice with dressing.

Place the bread slices, dry side down, in a
lightly oiled skillet. Top one slice with avocado, and the other with sauerkraut. Over medium heat, grill
the sandwich until lightly browned and hot, about 5 minutes. Put the sandwich halves together and enjoy!

