

# Creamy Chickpea & Avocado Sandwich

9 ingredients · 10 minutes · 2 servings



## Directions

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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

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### 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.

## Ingredients

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- 1 1/8 cups Chickpeas (cooked, rinsed)
- 2/3 Avocado
- 2/3 tsp Lemon Juice
- 2 2/3 tbsps Parsley (finely chopped)
- 2/3 Garlic (small clove, minced)
- Sea Salt And Pepper (to taste)
- 4 slices Gluten-Free Bread (toasted)
- 2/3 cup Arugula
- 1/3 Cucumber (large, sliced)