

Chickpea Avocado Smashed Sandwich



Ingredients

- 1 can of chickpeas (drained)
- 1 avocado
- 1 tsp garlic powder
- ½ tsp sea salt
- 1 tbsp pepper
- 1/2 tomato finely chopped
- 1 tbsp lemon

Instructions:

- ✓ Combine all ingredients in a bowl (except tomatoes) and smash
- ✓ Add tomatoes and combine
- ✓ Place mixture on any type of bread (I enjoyed it on an everything roll)

Bon Appetite!