

# Creamy Chickpea Sandwich



It's crunchy, creamy & fresh tasting. Perfect for a hot summer afternoon and packed with protein from the chickpeas. The beauty of this salad sandwich is that it's customisable, so you can sub in your favourite herbs and seasonings.

## **Ingredients**

- 1 x 400g tin chickpeas, drained
- 1/2 cup plant based mayo
- 1 tsp lemon juice
- 1/4 cup celery, diced
- 3 tbsp dill pickles, diced
- 1/4 cup roasted almonds, chopped
- 2 tbsp chopped flat leaf parsley
- 1 avocado, diced
- Pinch of salt and pepper
- Baby cos lettuce leaves
- 8 slices Low GI bread

**Method:**

1. Put half of the chickpeas in a bowl and mash roughly with the mayo and lemon juice.
2. Add and stir the celery, pickles, almonds, parsley, avocado and seasoning together.
3. Top 4 slices of bread with the chickpea mixture and lettuce leaves, and top with the remaining bread slices to complete your sandwich.