

## Wholemeal Pita Bread Sandwich

### Ingredients:

- ❖ 1 x round wholemeal pita bread, cut in half
- ❖ 2 slices of light cheese
- ❖ 1 tbsp hummus
- ❖ ¼ cup carrot, grated
- ❖ ¼ cup cucumber, chopped
- ❖ ¼ cup lettuce, chopped
- ❖ 4 slices of tomato
- ❖ ½ avocado
- ❖ 50g of cold cut meat (turkey, chicken, ham)

Serves 1



### Method:

Chop vegetables to preference. Carefully open pita bread pockets and smear hummus, next layer cheese, cold meats and vegetables until pocket is full. It's as simple as that :)