



BACON PEAS TOMATO SANDWICH

30 MINUTES

MAKES 1-2 SERVINGS

A twist on the classic BLT, this sandwich replaces the lettuce with GoodLeaf Farms Pea Shoots and skips the mayo, using a healthier pea and avocado spread.

INSTRUCTIONS

To make the spread, place all ingredients in a blender or food processor and process until smooth.

Assemble ingredients as pictured on your favourite toasted bread and enjoy!

INGREDIENTS

For Sandwich:

3-6 Strips of Bacon, cooked and drained

1 Tomato, sliced

1-2 Handfuls of GoodLeaf Pea Shoots

2-4 Slices of Bread, toasted

For Spread:

1/2 Cup of Blanched Peas, cooled

1 Handful of GoodLeaf Pea Shoots

1/2 Clove of Garlic, chopped

1 Avocado, skin and pit removed

Juice of Half of a Lemon

1/4 Cup of Basil, torn

Salt and Pepper, to taste