

**TOTAL TIME**

15 minutes

**PREP TIME**

15 minutes

**SERVES**

2

**COOKING LEVEL**

Easy

**RECIPE | CUCUMBERS**

# CUCUMBER AVOCADO SANDWICH

**INGREDIENTS**

½ of a Pure Flavor® Long English Cucumber, peeled and sliced  
1 large avocado, peeled, pitted, and sliced  
2 lettuce leaves, washed and dried  
½ cup alfalfa sprouts  
4 slices whole grain bread  
4 ounces herbed goat cheese, at room temperature  
Squeeze of fresh lemon juice  
Salt and black pepper to taste

**DIRECTIONS**

1. Spread the herbed goat cheese evenly on all the slices of bread. Take one of the slices and top with lettuce, Long English cucumber slices, and avocado slices. Drizzle a little fresh lemon juice over the cucumbers and avocados. Add some sprouts and season with salt and black pepper to taste.
2. Place a piece of bread, goat cheese side down, on top to sandwich all the fillings together. Repeat with second sandwich. Serve immediately.

*\*NOTE: If you can't find herbed goat cheese, you can add herbs to plain goat cheese or just use plain goat cheese.*

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