



## FRESH & SIMPLE RECIPES – EPISODE FOURTEEN

Theme: “Love it for Lunch”

**Smoked chicken & avocado sandwiches**

**Chewy granola cookies**

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### Smoked chicken mayonnaise and avocado sandwiches

Smoked chicken breasts, finely sliced  
Ripe avocado, sliced  
Ripe nectarines, cut into thin wedges  
Cashew nuts, lightly toasted  
Watercress leaves  
Good quality fresh baguette  
Good quality mayonnaise  
Lemon juice  
Salt and pepper



### Preparation

Cut the baguettes to the size of your lunchboxes and split open lengthwise. Spread the bottom half with mayonnaise and layer the sliced smoked chicken on top. Add the avocado and nectarine slices, cashew nuts and salt and pepper. Top with a bunch of watercress leaves and close the sandwich. Wrap securely in paper and tie with twine or raffia.

### Chewy granola Cookies

1  $\frac{3}{4}$  cups all-purpose flour  
1  $\frac{3}{4}$  cups firmly packed brown sugar  
1 teaspoon salt  
1 teaspoon cinnamon  
 $\frac{1}{4}$  teaspoon baking soda  
1 cup butter, softened  
2 eggs  
1 teaspoon vanilla  
3 cups granola cereal

### Preparation

Pre-heat oven to 190°C.

In large bowl, stir together flour, brown sugar, salt, cinnamon and baking soda. Stir in remaining ingredients except granola; mix until smooth. Stir in 3 cups granola. Drop dough in rounded tablespoonfuls onto the baking sheet, sprinkle each cookie with a little leftover granola. Place 4cm apart on lightly greased cookie sheet. Bake for 10 to 12 minutes or until golden brown.

