







FRESH & SIMPLE RECIPES – EPISODE FOURTEEN

Theme: "Love it for Lunch"

Smoked chicken & avocado sandwiches Chewy granola cookies

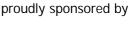
Smoked chicken mayonnaise and avocado sandwiches

Smoked chicken breasts, finely sliced Ripe avocado, sliced Ripe nextarines, 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 ¾ cups all-purpose flour

1 ¾ cups firmly packed brown sugar

1 teaspoon salt

1 teaspoon cinnamon

¼ 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.







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