

quick & easy



SMASHED CHICKPEA Woodo Sandwich

PREP **10 min**

COOK

2 min

TOTAL

12 min

YIELD

2 servings

Ingredients

4 slices whole grain bread
1 cup cooked chickpeas
1 large ripe avocado
14 lemon, juiced
15 teaspoon black pepper
1 pinch fine sea salt
1 pinch of red pepper flakes (optional)
1 cup sprouts (or any salad green)

Directions

- 1 Togst 4 slices of bread.
- Meanwhile, use a fork to smash chickpeas in a medium bowl. Add avocado and use fork to smash again until avocado is nearly smooth.
- **3** Stir in lemon juice, salt, pepper, and red pepper flakes (if using).
- **4** Divide and spread filling over 2 of the slices. Top each with sprouts and another slice of bread. Serve warm.