Chicken Cucumber Tomato Sandwiches with Avocado Mayo

What You'll Need

- 2 slices whole-grain sandwich bread
- 2-3oz chicken breast or 60-90g sliced cooked chicken
- 2 slices fresh tomato
- 6 thin slices English cucumber
- Sea salt and black pepper to taste
- 3 tbsp avocado mayo

Avocado Mayo

- 1 avocado
- 2 tsp lemon or lime juice
- 2 tsp apple cider vinegar
- 1 tsp honey (optional)
- 1/4 cup extra virgin olive oil
- Season with sea salt and black pepper to taste

Directions

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1. Place one slice of bread on a plate. Layer on the chicken, tomato and cucumber. Season with sea salt and pepper to taste.
2. Spread the avocado mayo on the other slice of bread. Place the slice mayo side down onto the other slice of bread. Cut in half and serve.

Avocado Mayo

1. Peel the avocado and remove the pit.
2. Place the avocado in a food processor. Add the lemon or lime juice, apple cider vinegar, and honey (if using). Process. As the processor is running, add the oil. Process until smooth. Add the sea salt and pepper to taste and process again.
3. Transfer to a container with a lid and store in the refrigerator until ready to use.