



## Curry Chickpea Sandwich ~ Allon-Z!

3 servings

10 minutes

### Ingredients

- 2 cups Chickpeas (cooked)
- 1 Avocado
- 1/2 tsp Curry Powder
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Lemon Juice
- 6 slices Bread
- 1 1/2 cups Baby Spinach
- 1 Tomato (medium, sliced)

### Directions

- 1 Use the back of a fork to smash the chickpeas and avocado. Stir in curry powder, salt, pepper, and lemon juice until well combined.
- 2 Scoop the avocado chickpea mixture onto the bread. Add the spinach and tomato. Close the sandwich and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to one day.

**Wrap Version:** This recipe works also really well as a wrap. I like Ezekiel sprouted grain tortillas very much for wraps. They don't contain any preservatives or harmful additives.

**No Curry Powder:** Use turmeric or cumin instead.

**More Flavor:** Add onion powder and minced garlic. Toast the bread.

**Additional Toppings:** Add cucumber, sliced green onions, diced celery, or red onion.

**Save Time:** Blend the chickpeas, avocado, curry, salt, pepper, and lemon juice in a food processor to your desired consistency.