

Cream cheese & celery sandwich with mixed salad & crisps

(Serves 1)

Ingredients

- 25g Mixed salad leaves
- 1 in Cucumber, chopped
- 25g Peppers, baby, sweet, deseeded & cut into rings
- 70g Celery, chopped
- 50g Cream cheese (Philadelphia, lightest)
- 2 x 800g slices Hovis, wholemeal, medium bread
- 1/2 tbsp Garlic & herb dressing (Hellman's)
- 1 x 25g bag Crisps, Ready salted (Walkers)

Preparation

1. Prepare mixed salad by putting salad leaves, cucumber, baby peppers & half the chopped celery into a bowl.
2. Mix cream cheese with rest of celery in a dish.
3. Spread cream cheese on one slice of the bread & lay other slice on top. Cut into quarters.
4. Serve sandwich with the salad, garlic & herb dressing & crisps.

NUTRITIONAL VALUES PER SERVING

Calories 384
Total Sugars 9.48g
Total Fats 12.27g
Saturated Fats 2.33g
Salt 1.67g
Fruit & Veg 2