

## Turkey Sandwich on Ezekiel Bread

### Ingredients

2 slices of Ezekiel bread  
3-4 slices low sodium turkey or chicken breast  
¼ slice avocado  
1 teaspoon mustard (optional)  
Sliced tomatoes (optional)

### Preparation Instructions

- Toast Ezekiel bread slices
  - Spread avocado onto Ezekiel bread
  - Add turkey or chicken breast slices
  - Add sliced tomatoes (optional)
- Add mustard (optional)