

Salmon Sandwiches

- WHOLEMEAL BREAD
- 1 AVOCADO
- BABY SPINACH
- 1 TIN SALMON - DRAINED

-SPREAD AVOCADO ON BREAD.

- TOP WITH BABY SPINACH AND SALMON

NUTRITION INFORMATION

HEALTH BENEFITS OF AVOCADO

- QUALITY SOURCE OF HEALTHY FAT.
- RICH IN DIETARY FIBRE.
- CONTAIN MORE POTASSIUM THAN BANANAS.

BENEFITS OF WHOLEMEAL BREAD

COMPLEX CARBOHYDRATE. SLOWLY CONVERTS TO BLOOD GLUCOSE WHICH SUSTAINS ENERGY FOR THE BODY AND THE MIND.

- QUALITY SOURCE OF DIETARY FIBRE WHICH AIDS DIGESTION, PROMOTES REGULAR BOWEL MOTIONS AND HELPS TO PREVENT BOWEL CANCER.

HEALTH BENEFITS OF TINNES SALMON

- QUALITY SOURCE OF OMEGA-3 FATTY ACIDS IMPORTANT FOR BRAIN AND JOINT HEALTH.
- ANTI-ONFLAMMATORY.
- DUE TO THE SMALL BONES IN THE SALMON IT IS A QUALITY SOURCE OF CALCIUM.

