



BACK TO SCHOOL RECIPE

Lunch Box – Tomato Sandwich

VEGGIE



- *1 Au Pain Doré bread Multigrain Hiker or Wheat, Flax & Sesame or Origine Multigrain Loaf*

Garnishes:

- *1 tomato cut in thin slices*
- *1 teaspoon minced red onion*
- *Dijon mustard & mayonnaise*
- *A few Arugula leaves*
- *Salt and pepper*

Preparation :

- Cut the bread in slices.
- Spread one slice of bread with Dijon mustard and the other one with mayonnaise.
- Lay the tomatoes, salt & pepper, add the onion, and finish with the arugula.
- Close the sandwich.
- Put in the lunch box with raw vegetables, nuts and fresh fruits for a complete and nutrient lunch.

Trick:

You can buy your bread and have in slice in store. Once at home, put in the freezer. That way, you will have bread slices ready to go for your lunches.

And that's it, BON APPÉTIT !