

Emma's Sushi Sandwiches



The great thing about it is you can add lots of healthy fillings, the more colourful the better. Emma has gone for the classic tuna and cucumber, but you can really add whatever you like.

Ingredients

- Mixed Grains Bread (sliced)
- Low fat cream cheese
- Tuna in springwater (drained)
- Grated carrot
- Avocado
- Cucumber (sliced lengthwise)

Instructions

- Cut crusts off sliced bread
- With a rolling pin, roll and flatten bread
- Spread with cream cheese
- Close to one edge, lay cucumber, tuna and other desired toppings. Do not overfill
- Roll tightly
- Cut into half or quarters and serve.