

Sandwich Face

Makes 20

Ingredients

- 1 loaf sliced multi-grain bread
- 20 slices reduced fat cheese
- 10 cherry tomatoes
- 1 green capsicum
- 1 red capsicum
- 1 cucumber
- 2 x 40g snack packs of sultanas
- 1 tub alfalfa sprouts



Method

1. Wash and finely slice capsicum and cucumber.
2. Place a slice of bread on the plate.
3. Place the cheese on top of the bread.
4. Arrange selection of vegetables on the bread to resemble a face.

Tip: try this for a fun after school or in-class activity!

NUTRITION INFORMATION		
Servings per recipe: 20		
Average serving size: 88g		
	Per serve	Per 100g
Kilojoules (kJ)	707	803
Protein (g)	9.5	10.8
Total fat (g)	6.5	7.3
- Saturated fat (g)	3.4	3.9
Carbohydrates (g)	16.6	18.9
- Sugars (g)	4.3	4.9
Fibre (g)	2.9	3.3
Sodium (mg)	266	302

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines.