

# Nutri-Ban



## Vegan Club Sandwich

### YOU'LL NEED

1 slice of tofu, ½ in. thick  
3 slices whole wheat bread  
½ cup Iceberg lettuce  
4 slices tomato  
4 slices cucumber  
½ small ripe avocado, mashed  
1 sachet Aminoleban® Oral

### Nutrition Facts

188 g Carbohydrates  
25.5 g Protein  
14.5 Fat  
523 Calories  
425.5 mg Sodium

### ALL YOU HAVE TO DO

1. Season tofu with pepper and paprika. Pan fry or use an air fryer. Cook until firm or crispy. Set aside.
2. In a bowl, mix together the avocado and Aminoleban® Oral. Add pepper to taste.
3. Spread the mashed avocado and Aminoleban® Oral on two slices of bread. Add the tofu, lettuce, tomato, cucumber. Don't forget to place one slice of bread in between.
4. Cut the sandwich diagonally to form two triangles. Put cocktail sticks on each piece to hold the sandwich together.
5. Serve and enjoy!