



## Making a healthy club sandwich



### Ingredients

- 1 slices Gouda Natural
- 3 slices of brown or white bread
- 0.5 teaspoons honey mustard
- 0.5 tablespoons of cottage cheese
- a few iceberg lettuce leaves
- 0.25 apple, peeled and thinly sliced
- 0.5 slice of smoked chicken breast or cooked ham
- 0.25 tomato, sliced
- freshly milled pepper
- 2 skewers

### Preparation

Toast the bread slices. Mix the honey mustard with the cottage cheese. Spread it on the bread slices. Divide the lettuce between two spread slices. Place a slice of cheese with apple slices on one slice and a slice of cheese, chicken breast or ham and tomato on the other, sprinkled with pepper. Stack the slices of bread and cover with the third slice with the smeared side on the tomato. Divide the last slice of cheese into strips. Press the sandwich slightly and cut diagonally. Insert a skewer decorated with strips of cheese into each stack.

TIPS Instead of Gouda natural, try Gouda herb-garlic cheese.

Replace honey mustard and cottage cheese with tomato ketchup with a dash of paprika or thyme.