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Making healthy Dutch toast



Ingredients

- · 2 slices Organic young cheese
- · 4 slices of brown bread
- 0.5 tablespoon of honey mustard
- 0.5 tomato or piece of cucumber, cut into thin slices
- · 2 slices of smoked chicken breast or ham

Preparation

Place the slices of bread side by side, spread with the mustard and put a slice of cheese on top. Divide the tomato or cucumber slices between 2 slices and top with the chicken breast or ham. Cover with the cheese. Fry the sandwiches until golden brown in a sandwich maker, contact grill or frying pan. Cut the toasted sandwich diagonally.

TIPS The organic young cheese can be replaced with Gouda natural, Gouda herb-garlic cheese or Gouda smoked cheese.

Try making a sweet pineapple or banana sandwich with Young goat cheese and orange marmalade