

Pita Pocket Tofu Avocado Sandwich

This recipe makes two servings

1/2 avocado

Fresh tofu (water package)

Pita bread pockets (can be wheat or white)

Pepper or salt (if desired)

1/4 cup lemon juice or a drizzle of Italian salad dressing

1. Cut 1/2 an avocado into slices and put in bowl.
2. Use equal amounts of tofu and place in bowl.
3. Mash with spoon until combined (light green color).
4. Add salt or pepper to taste.
5. Add lemon juice or Italian salad dressing to mixture.
6. Toast pita pocket in oven or toaster oven.
7. Stuff pita pocket with tofu/avocado mixture.