

# Avocado BLT

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*You'll be delighted at the transformation the picnic sandwich standby undergoes when you just add a few slices of ripe avocado to the mix.*

## Ingredients:

8 slices whole grain bread, toasted  
8 tablespoons mayonnaise  
12 slices bacon, cooked crisp  
8 lettuce leaves  
8 slices tomato  
2 ripe avocados, peeled, pitted, sliced  
Black pepper, to taste

## Directions:

1) Arrange each sandwich: top 1 slice bread with 2 tablespoons mayonnaise, 3 slices bacon, 2 lettuce leaves, 2 tomatoes, and a few slices avocado. Top with fresh black pepper. Place another slice of bread on top; cut in half and serve.