

# CHEESE AND CUCUMBER PIN WHEEL SANDWICHES



## 1. Ingredients

- 3cm piece of cucumber
- 2 medium slices wholemeal bread
- 15g low-fat spreadable soft cheese



## 2. Equipment

- Knife
- Kitchen paper
- Rolling pin
- Weighing scales
- Cling film
- Plate



## 3. Method

- 1 Wash the **cucumber**, then cut into small pieces and pat dry with kitchen towel.
- 2 Cut the crusts off the **bread**. With a rolling pin, gently roll out the **bread**.

*Tip - You could use the cut-off crusts to make breadcrumbs and use them in a different recipe!*

- 3 Spread a thin layer of **soft cheese** on each slice, trying to go right to the edges.
- 4 Add a thin layer of chopped **cucumber**.

*Tip - Try other vegetables like shredded lettuce, grated carrot, or fruit like crushed pineapple, chopped grapes.*

- 5 Roll up each slice, from the shorter edge, into a spiral; wrap tightly in cling film.
- 6 Place in the fridge or in a cool place for a few minutes while you tidy up.
- 7 Cut each pinwheel into slices and arrange on a plate.