

Low-Glycemic Green Club Sandwich

A nutrient-dense triple-decker sandwich featuring fiber-rich whole grains, creamy avocado, and fresh vegetables that won't spike your blood sugar levels.

Prep: 10 min

Cook: 5 min

Total: 15 min

Servings: 1

GL 24.4 / GI 33

Ingredients

Choose dense, seeded varieties for lowest GI (50-55) wholegrain or rye bread slices

Chickpea-based, provides protein and fiber ready-made hummus

Healthy fats slow glucose absorption small avocado, stoned and sliced

Peppery greens, negligible glycemic impact rocket leaves (arugula)

Low GI (38), rich in lycopene cherry tomatoes, sliced

Instructions

Step 1

Place three slices of wholegrain or rye bread in your toaster and toast until golden brown and crispy. The toasting process slightly increases resistant starch, which is beneficial for blood sugar control.

Step 2

While the bread is toasting, prepare your vegetables. Slice the avocado in half, remove the stone, and scoop out the flesh. Cut into thin, even slices. Wash and dry the rocket leaves, and slice the cherry tomatoes into rounds.

Step 3

Once the bread is toasted, lay all three slices on a clean cutting board. Spread one tablespoon of hummus evenly across one side of each slice, reaching all the way to the edges for maximum flavor and protein distribution.

Step 4

On the first slice of hummus-covered toast, arrange half of the avocado slices in an even layer. Top with half of the rocket leaves, distributing them evenly, then add half of the sliced cherry tomatoes. Season lightly with freshly ground black pepper.

Step 5

Place the second slice of toast on top, hummus-side down, to create the first layer of your club sandwich. Press down gently to help the layers adhere together.

Step 6

On top of the second slice, arrange the remaining avocado slices, followed by the rest of the rocket leaves and cherry tomatoes. Season again with black pepper to taste.

Step 7

Top with the final slice of toast, hummus-side down, and press the entire sandwich together gently but firmly. For easier eating, secure with cocktail sticks at four points, then slice diagonally into quarters.

Step 8

Serve immediately while the toast is still slightly warm. For optimal blood sugar management, eat the sandwich slowly and consider eating some of the vegetable filling first before consuming all the bread layers.