



RYVITA[®]

Ham, mustard mayonnaise and pickles

Preparation time: 5 minutes

Recipe by: Ryvita



INGREDIENTS

- 1/2 tsp Dijon mustard
- 1 tbsp. low fat mayonnaise (15g)
- 1 thick slice of ham, halved
- 2 large pickled gherkins, sliced (40g)
- 2 Dark Rye Crunchy Rye Breads

METHOD

1. Mix the mustard and mayonnaise in a small bowl with some black pepper.
2. Spread the mustard mayonnaise onto the crunchy rye breads then top with the slices of ham and pickles.

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