



KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Apple, Bacon, & Cheddar Chicken Panini **SERVES** approx. 4

CATEGORY Lunch **PREP TIME** 5 min **COOK TIME** 3-4 min

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE (uses natural sugars)

GLUTEN FREE

DAIRY FREE

INGREDIENTS

Sandwich :

8 slices	whole grain bread
2 cups	baby spinach
8 slices	chicken, thick cuts
6 slices	prepared bacon
4 thick slices	aged white cheddar cheese
2 medium	apples, thinly sliced

Honey Dijon Dressing :

2 tbsp	mayonnaise
2 tsp	honey
1 tsp	apple cider vinegar (ACV)
1 tsp	dijon mustard
1 tsp	poppy seeds
to taste	salt & pepper

DIRECTIONS

1. Preheat sandwich press to high heat.
2. In a small bowl whisk together mayonnaise, honey, ACV, dijon, poppy seeds, salt & pepper and set aside.
3. Layout 4 slices of whole grain bread.
4. Top bread with 1/2 cup of spinach each, then 2 thick cuts of chicken.
5. Drizzle 1-2 teaspoons of honey dijon dressing per sandwich over chicken cuts.
6. Top with 1 1/2 slices prepared bacon per sandwich, then approximately 6 apple slices.
7. Top with 1 thick slice aged white cheddar, then top bread slice.
8. Press each sandwich approximately 3-4 minutes or until cheese begins to melt and bread sears.

MY NOTES
