

## BAST

<http://pajamachef.wordpress.com/2011/05/30/bast/>

### Ingredients:

- 3 slices good quality whole wheat bread, toasted
- 2 pieces of thick cut bacon, cooked and broken into thirds
- 1 roma tomato, sliced thin
- 1/4 avocado, sliced into 6 pieces
- handful baby spinach leaves
- 1 tablespoon mayonnaise
- 1 teaspoon dijon mustard
- 1 teaspoon honey

### Directions:

In a small bowl, mix together mayonnaise, mustard, and honey. Spread mixture on one side of each piece of bread. [I had some leftover.] Then layer spinach, tomatoes, bacon, and avocado on one piece of bread. Top with a second slice and repeat. Top with final slice of bread, then press down, pierce sandwich with toothpicks, and cut into two slices... diagonal is best. :) Enjoy!

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