

Veggie Cucumber Rolls

A diabetic-friendly, no-bake recipe

Ingredients:

- 1 ripe avocado
- 1/4 teaspoon salt
- Dash pepper
- 1 teaspoon lemon juice
- 1/2 medium tomato, diced
- 1 large English cucumber, thinly sliced lengthwise
- 1/2 cup alfalfa sprouts
- Toothpicks



Directions

1. Combine avocado, salt, pepper, lemon juice, and tomato in a small bowl. Mash well to combine.
2. Lay cucumber slices on a flat surface. Place equal amounts of alfalfa sprouts in the center of each cucumber strip. Top each with equal amounts of the avocado mixture.
3. Starting at one short end, roll each cucumber up and secure with a toothpick.

Makes 6 servings

To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.