



Published on *Nature's Own Bread* (<https://naturesownbread.com>)

[Home](#) > Avocado Spread with Cucumbers and Sweet Peppers

---

## [Avocado Spread with Cucumbers and Sweet Peppers](#)



[40 Calories Honey Wheat](#)

**Prep Time:**

5

MIN

**Total Time:**

8

MIN

**Number of Ingredients:**

9

**Servings:**

2

**Level:**

Easy

**Ingredients:**

1 ripe avocado, peeled and pitted

1 tablespoon finely chopped onion

2 teaspoons lemon juice

1/8 teaspoon salt

1/8 teaspoon pepper

4 slices of any Nature's Own Life breads

8 slices English cucumber

1/2 medium bell pepper, cut in thin strips (yellow)

1/2 cup lightly packed watercress

**Instructions:**

In small bowl, mash avocado with onion, lemon juice, salt and pepper.

Spread onto 2 slices of bread.

Arrange cucumbers, bell pepper strips and watercress over avocado mixture.

Top with remaining slices of bread.

---

**Source URL:** <https://naturesownbread.com/recipe/avocado-spread-cucumbers-and-sweet-peppers>