

Cacao hazelnut & pear sandwich

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(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));  
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An easy lunch idea that's BIG on flavour.

Ingredients

- 1-2 slices gluten-free [bread](#)
- 1 heaped tbsp hazelnut cacao spread
- 2 pear slices
- 1 tsp crushed toasted almonds
- ½ tsp olive oil

Method

Spread the hazelnut cacao butter onto one slice of the bread. Thinly slice two nice pieces of pear and place on top.

Sprinkle with the crushed toasted almonds and drizzle on the olive oil.

Either place extra piece of bread on top to make a sandwich or enjoy the slice on its own.

Recipe from Kate Bradley; Photo credit Elisa Watson.

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function displayNutrition(msg) { $('#nutrition-label-container').text(msg); $('#nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('#result').html(data); alert('This recipe was added to your favorites list'); }); }
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