



VEGAN VUNA BAGEL | GARDEN GOURMET

INGREDIENTS

1 jar Garden Gourmet VUNA

1 small fresh red apple

1 just ripe avocado

1 head of green curl lettuce (lolo bionda)

1 package of alfalfa (40g)

1 tbsp small capers

½ small red onion

4 freshly baked vegan bagels (natural, whole wheat or with seeds)

2 tbsp extra virgin olive oil

lemon juice

ground black pepper



4 SERVINGS



15 MIN



EASY

Try this amazing bagel filled with vegetable and topped with the new Garden Gourmet Vuna, which is fully vegan! Delicious, easy, and a perfect lunch option.

PREPARATION

1. Cut up the veggies and apples

Wash and cut the apple with skin into cubes. Cut the avocado in half, remove the stone, cut the halves again, peel the flesh, cut into cubes and sprinkle with lemon juice. Chop the onion.

2. Combine veggies with Sensational Vuna

Spoon the onion, capers, apple and avocado together and combine with the Garden Gourmet Sensational Vuna.

3. Season the Vuna salad mixture

Season with lemon juice, olive oil and pepper.

4. Build your bagel!

Cut the bagels in half lengthwise and top with lettuce. Divide the Sensational Vuna salad on top, divide the alfalfa on top and place the the bagel top on it.

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