



Vegan BLT Sandwich

Ingredients

- 2 slices of sourdough (or your preferred bread; use gluten-free if needed)
- Vegan butter (e.g., Naturli)
- 4–6 rashers of vegan bacon (Tofurky tempeh bacon is a great option)
- 1 ripe tomato, sliced
- A few leaves of fresh lettuce
- 1 spring onion, finely sliced (optional)
- 1 tbsp lemon juice (optional, for added zing)
- Salt and pepper, to taste
- Vegan mayonnaise (e.g., Follow Your Heart Vegenaise)

Instructions

- Cook the Vegan Bacon
- Heat a medium frying pan over medium heat and cook the vegan bacon as per package instructions—this typically takes just a couple of minutes until golden and crisp.
- Assemble the Sandwich
- Lightly toast the bread if desired.
- Spread one or both slices with vegan butter and mayonnaise.
- Layer on the lettuce, tomato, and spring onion (if using).
- Drizzle with lemon juice and season with salt and pepper.
- Top with the cooked vegan bacon.
- Finish and Serve

Close the sandwich, slice in half if preferred, and serve immediately. Enjoy fresh!