

Toasted "Cheese" Sandwich

Pastor Barnes

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Non-Dairy

2 slices of **bread** toasted medium to dark brown

1 to 3 slices¹ of Daiya American **cheese** (any non-dairy cheese that melts works, flavor optional)

Optional **coconut oil** (first cold pressing, expeller extracted), use sparingly

- ✓ Place the bread slices side-by-side on a plate.
- ✓ Place one of the cheese slices on each slice of bread (if used, save the third slice of cheese).
- ✓ Place in the microwave oven for 1 minute.
- ✓ Place the third cheese slice in between the two bread slices with the cheese sides in the middle.
- ✓ *Sparingly* spread a *little* coconut oil on each side of the sandwich. You don't need much.²
- ✓ Allowing a minute or two to cool before eating might save your palate.

¹ Quantity pertains to personal preference and size of bread.

² The coconut oil is good for you, but it doesn't take much for it to drip all over and be annoying! You could just grease two slices of bread with the cheese in the middle and place on a griddle (the standard way), but the point of this recipe is to reduce the amount of oil fat. The oil can be skipped altogether according to preference.