

Tea Sandwiches

Tea sandwiches are perfect treats for weight loss surgery patients. Eat them as a snack or serve them at an elegant Mother's Day luncheon—they fit in anywhere. It is easy to make them gluten-free too. Here are a few ideas to get you started.

- Top cucumber slices with cream cheese and a slice of ham.
- Cut mini pita bread in half and fill with hummus. Garnish with a thin wedge of cucumber and tomato.
- Use a cookie cutter to cut wheat bread into bite-sized shapes. Spread with herbed cream cheese, tomato slices and minced black olives.
- Top thin slices of baguette with basil pesto, fresh mozzarella cheese, and a thin slice of tomato.
- Top a slice of bread with sliced turkey and provolone, top with another slice of bread and cut off crust and then cut diagonally into four triangles.
- Make a peanut butter and no-added-sugar jelly sandwich. Cut off the crust and then cut into four squares.