

Gluten Free, Keto Friendly, Low Carb, Ham and Havarti Sandwich

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It's been a while since I have written up a post about food, things have been pretty busy for me lately so this is one of the things that I had to take a step away from for a bit.

Alas, here is a new post for a sandwich that I really like. Back when I could eat gluten I use to make these out of sourdough bread and they were just great. Nice crispy toast and mmmm.. just glorious!

Now that I am gluten free for life and I like to live by the Keto / Low carb lifestyle (for health benefits) this is a adapted version of the Ham and Havarti sandwich that I love so much.



This sandwich is super easy to make and it is super tasty as well!

Ingredients:

- **90 second bread**
- 1 - 3 Tbsp Dijon mustard (how ever much you like)
- a few rings of sliced red onions (you can omit if you want)
- 1 - 3 slices of havarti cheese.
- 1 - 4 slices of ham.
- 1 or so slices of tomato (optional)
- 1-2 Tbsp softened butter.

Directions:

Make your 90 second bread and then cut in half.

Take the dijon mustard and spread some on each side of the 90 second bread.

Take 1 - 2 slices of havarti cheese and place on one slice of 90 second bread.

Take 2-3 slices of Ham and place it on top of the havarti cheese.

You can now add some red onions if you want.

You can now add the tomato if you want.

Now you can re-layer the havarti cheese and the ham one or more times if you want.

Take the other slice of 90 second bread and make the sandwich iwth the side with the mustard facing down.

Spread the butter on the top of the 90 second bread and then grill it on a skillet or a frying pan until golden brown.

Flip the sandwich and grill the other side of it. (should be a few minutes each side depending on how hot your skillet is)

You can cut in half and enjoy.

Watch this video on Dailymotion - <http://dai.ly/x6hz6r3>

Watch this video on DTube - <https://d.tube/v/jmrados/85q2ylr9>

Watch this video on YouTube - <https://youtu.be/ODlGOiR5Wc8>

