Fresh Parsley Sandwiches

Cut thin slices of wholemeal or granary bread and butter half of the slices. Spread soft cheese such as Philadelphia onto the other half of the bread slices.

Sprinkle 1 tbs of chopped parsley on top of each buttered slice of bread and add freshly ground black pepper to taste.

Top with the slices of bread spread with soft cheese, and slice into triangles with a sharp knife.