

Veggie Powerhouse Sandwich

Serving: 1

Ingredients

Whole Grain Bread

Hummus or Mustard

Leafy Greens (*romaine, kale, spinach, etc.*)

Tomato

Shredded carrots

Red Pepper *raw or roasted*

Sliced Cucumber

Sliced Zucchini

Avocado

Alfalfa Sprouts

Dill

Sea Salt

Directions

Assemble sandwich with your choice of ingredients and enjoy!

