

Melissa's Easy Veggie Sandwich

Ingredients:

Sprouted grain bread (or GF), toasted

Hummus

Tomato

Cucumber

Red Onion

Optional: Avocado or any other veggie

Instructions:

Start with a lightly toasted piece of sprouted grain bread. Spread with hummus, then layer on very thinly sliced tomato, red onion, cucumber, and avocado.

Sprinkle on salt and pepper and maybe a nice Tuscan seasoning, and drizzle with balsamic glaze. For a change-up add some dried raisins or a few sliced almonds or crushed nuts. Simple, easy and really yummy. You can also make warm sandwiches by adding mushrooms in just a little broth or water and roasted red peppers. Roasted cauliflower is also amazing on sandwiches.

Cut the bread in fourths and make colorful appetizers that will disappear!