

Veggie Sandwich



the ingredients

- 2 slices Whole WHEAT (not grain) bread, toasted
- 2 tbsp roasted red pepper hummus (or flavor of choice)
- 1 slice provolone cheese (optional)
- 2-3 slices of tomato
- 1-2 pieces of iceberg lettuce
- 3-4 pcs of sliced dill pickles
- optional sliced onion, black olives, sliced cucumber, sliced avocado, sprouts

the method

- Toast the bread. Spread the hummus on both slices of bread.
- Layer the veggies on top. Enjoy!

the nutrition

Kcal: 286
Fiber: 10 g
Saturated fat: 3.5 g
Protein: 13 g
Added sugar: 2 g

