

LOADED VEGGIE SANDWICH



SERVES 1

INGREDIENTS

- 2 slices whole grain bread
- ¼ cup hummus
- 2 slices heirloom tomato
- ½ cup spinach
- ¼ cup grated carrot
- 4 slices cucumber
- ¼ cup alfalfa sprouts, optional

For serving, optional

- Baby carrots, celery sticks, sliced bell pepper
- Apple, peach, melon, grapes

SERVES 4

INGREDIENTS

- 8 slices whole grain or sprouted bread
- 1 cup hummus
- 2 heirloom tomato cut into 8 slices
- 2 cups spinach
- 1 cup grated carrot
- 1 cucumber, sliced
- 1 cup alfalfa sprouts (optional)
- Siracha (optional)

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The best loaded sandwich made with tomatoes, cucumbers, carrots and sprouts, layered between creamy hummus for a simple and delicious meal. Serve with fresh fruit or additional sliced vegetables for even more plant-power.

INSTRUCTIONS

1. Prepare all of the veggie fixings. Toast slices of bread or leave untoasted.
2. Spread a hearty layer of hummus onto each slice of bread.
3. Top one slice with a layer of tomatoes, spinach, carrots, cucumbers and alfalfa sprouts, if using. Place the second slice of bread hummus-side down on top of the veggie fixings.
4. Slice in half and serve with a side of fruit or sliced vegetables, if desired.



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