

The Ultimate Veggie Sandwich

Ingredients:

2 slices of whole-grain bread

2 tablespoons hummus

3 thin slices of cucumber

2 thin slices of tomato

3 slices of avocado

1/4 cup alfalfa sprouts

1/4 cup grated carrots



Directions:

1. Toast your bread.
2. Spread one tablespoon of hummus on each slice of bread, layer up your veggies, and enjoy!