

# VEGGIE & HUMMUS SANDWICH

## *INGREDIENTS*

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- 2 slices whole-grain bread
- 3 tablespoons hummus
- ¼ avocado, mashed
- ½ cup mixed salad greens
- ¼ medium red bell pepper, sliced
- ¼ cup sliced cucumber
- ¼ cup shredded carrot

## *STEPS*

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1. Spread 1 slice of bread with hummus and the other with avocado. Fill the sandwich with greens, bell pepper, cucumber and carrot. Slice in half and serve.