

Bible Bread Sandwich

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ingredients

1/2 C diced red pepper
1/2 C diced yellow pepper
1/2 C diced tomato
1/2 C chopped broccoli
2 - 4 T good quality mayo
Avocado, sliced
3 - 4 pitas cut in half
1 package of alfalfa sprouts
or micro greens
unsalted Spike seasoning to
taste (blue package)
salt to taste

directions

This recipe is SO easy! Just throw all your diced veggies into a bowl, add the mayo, a generous amount of unsalted Spike and salt to taste and mix well. Prepare your pitas, add sliced avocado, sprouts and a generous helping of the veggie sandwich filling and eat!

I call these
bible bread
sandwiches
because I use
Ezekial 4:9
sprouted pitas.

a gentler and happier approach to health