

famous veggie sandwich

ingredients

hearty whole wheat bread of your choice
1/4 sliced avocado for each sandwich
1 small tomato for each sandwich
3 slices each of two colors of peppers
(orange, red, yellow, green)
onion slices to your preference
spring mix or greens of your choice
mayo of your choice
Spike seasoning (no salt variety)
high quality salt

directions

Mayo each slice of bread, stack up veggies starting with avocado first and ending with spring mix. Salt and sprinkle a generous amount of Spike on the tomato or avocado layer. Top with the other slice of bread and serve.



a gentler and happier approach to health