

# Recipe

## LOADED AVOCADO & HUMMUS VEGGIE SANDWICH



► ► Vegan, gluten-free, refined sugar-free, nut-free

**Yield:** 2 servings

**Prep Time:** 10 min

**Total Time:** 10 min

### INGREDIENTS

4 slices whole grain bread (GF if desired)  
4 Tbsp (60g) hummus (I used roasted bell pepper)  
1/2 avocado, mashed or sliced thinly  
1 cup (30g) baby spinach, packed  
1/4 long English cucumber, sliced  
1 large tomato, sliced  
10 green olives, cut lengthwise  
2 Tbsp (30g) red onion, sliced thinly (optional)  
1/4 carrot, shredded (optional)  
1 Tbsp (15mL) sweet chili sauce (optional)

### DIRECTIONS

Divide the ingredients between the bread to make two sandwiches. That's it - enjoy!

### NOTES

1. **Variations:** this is a classic, so modify to your taste. Keep it interesting by changing it up every so often: add other veggies, switch up the flavour of hummus, or enjoy it in a wrap.
2. **Speed-it-up:** purchasing store-bought hummus makes for a quick lunch if you're often in a hurry. Or use your own homemade hummus if preferred.

SADIA BADIEI

Registered Dietitian

Hungry for more? Visit [www.pickuplimes.com](http://www.pickuplimes.com)