

Ingredient List

3 slices whole wheat or multi-grain bread
Roasted garlic hummus
Cucumber slices
Red onion, thinly sliced
Alfalfa Sprouts
Avocado slices
Romaine Lettuce
Roma tomato slices
Swiss cheese (if desired)

Instructions

Spread hummus on one side of each piece of bread.

With hummus side up, on one piece of bread, layer cucumber slices, red onion slices, and alfalfa sprouts. Put a slice of bread, hummus side down on top of the avocado. Spread hummus on the other side of the bread then layer the avocado slices, lettuce, tomato and Swiss cheese (if desired). Cover with last slice of bread hummus side down.

Slice in half before serving...it's a mouthful!

Enjoy!

If you aren't a fan of hummus, you can skip it and use some Italian dressing, Vinaigrette or Ranch instead.

