PLANT PART SANDWICHES

YUMMY HUMMUS SAMMY

INGREDIENTS
- Seed: whole grain bread (yummy and full of nutty goodness)
- Seed: hummus spread (seed is a chickpea)
- Root: carrot peeled long-way, into ribbons
- Stem: red onion, sliced thin
- Leaf: romaine lettuce
- Fruit/Flower: tomato, sliced

(makes 1 serving)

DIRECTIONS
Lay one slice of bread on a clean surface. Layer with hummus, carrot ribbons, red onion, romaine lettuce and tomato. Top with second piece of bread. Enjoy!

For this recipe we used Arnold Organic/Brownberry Organic/Oroweat Organic 22 Grains & Seeds bread.

RAD RADISH SANDWICH

INGREDIENTS
- Seed: whole grain bread (this may be good to toast)
- Seed: sprouts
- Root: Ranch Radish Spread (see recipe below)
- Stem: cauliflower stems (and flowers), sliced thinly
- Leaf: spinach
- Fruit/Flower: red or yellow bell pepper slices + cucumbers sliced long way + cauliflower flowers and stems sliced thinly.

(makes 1 serving)

DIRECTIONS
Toast the bread and place on a plate. Spread 1 - 1 ½ Tbsp Ranch Radish Dip on each slice. Onto one piece of toast, add sprouts, cauliflower stems/flowers, peppers and cucumbers. Top with remaining slice of toast. Enjoy!

For this recipe we used Arnold Organic/Brownberry Organic/Oroweat Organic Kids White Made with Whole Wheat bread.

RANCH RADISH SPREAD

INGREDIENTS
- 3-4 raw radishes, minced
- 1 cup plain greek yogurt
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp dried dill (or 1 Tbls fresh dill chopped)
- 1 Tbls fresh parsley or green onion), chopped
- salt & pepper to taste

DIRECTIONS
In a medium sized bowl combine all ingredients. Mix well until everything in incorporated. Use as a dip or spread onto a sandwich. Enjoy!