

Gluten Free Veggie Millet-Chia Sandwich



(High resolution photo available upon request)

Recipe created by Stephanie Clairmont, MHSc, RD at The Clairmont Digestive Clinic courtesy of **Udi's Gluten Free**

This gluten free sandwich is packed full of vitamins and nutrients. It's a delicious lunchtime meal that will satisfy both the hunger and taste buds of your entire family – regardless of their level of tolerance for gluten.

Ingredients

4	slices <i>Udi's Gluten Free Millet-Chia Bread</i>	4
4 Tbsp.	gluten-free hummus	60 ml
1 Tbsp.	hulled sunflower seeds	15 ml
2 Tbsp.	crumbled Feta cheese	30 ml
¼ cup	fresh sprouts such as alfalfa, broccoli, sunflower, or a mixture	60 ml
¼ cup	avocado, sliced	60 ml
2 Tbsp.	shredded carrots	30 ml
2 Tbsp.	sliced cucumber (about 8 thin slices)	30 ml

Instructions

To make one sandwich, spread half the hummus on a bread slice. Sprinkle half the sunflower seeds and Feta over and mound half the sprouts and remaining veggies on top. Finish with a slice of bread, cut in half and serve. Repeat with remaining ingredients for second sandwich.

Makes 2 servings

For additional gluten-free recipes, visit: www.udisglutenfree.com