



Toasted Veggie Sandwich

1 serving
15 minutes

Ingredients

2 slices Bread (toasted)
1 tbsp Yellow Mustard
1/2 Tomato (sliced)
1/2 Avocado (diced)
1/4 Cucumber (sliced)
2 tbsps Red Onion (chopped)
1/2 cup Baby Spinach
Sea Salt & Black Pepper (to taste)
1/8 tsp Cayenne Pepper

Directions

- 1 Toast your bread and put mustard on the inside of each slice.
;
- 2 Layer on veggies. Sprinkle with sea salt, pepper and cayenne.
;
- 3 Slice diagonally and enjoy!

Nutrition

Amount per serving	
Calories	348
Carbs	40g
Fiber	11g
Sugar	8g
Protein	7g
Cholesterol	0mg
Sodium	450mg
Vitamin A	2557IU
Vitamin C	27mg
Calcium	77mg
Iron	2mg
Vitamin D	0IU