

## Nutritious & Delicious Sandwich Recipes



### Superfood Vegan Sandwich

#### Ingredients (serves 1)

2 Thick slices Granary Bread  
60g Raw beetroot, grated and squeezed  
60g Carrot, grated  
20g Alfalfa  
40g Hummus  
15g Rocket Leaves  
1 tsp Olive oil  
½ tsp White wine vinegar  
salt & pepper

#### Method

1. Add a dash of vinegar and oil to the carrot and beetroot (season) – keep separate
2. Thickly butter both slices of bread with the hummus
3. Layer the rest of the ingredients, ensuring a definite layer can be seen.
4. Top with the remaining slice.

#### Key Nutrients

Portion	310g	100g	
Calories	<b>434 (kcal)</b>	<b>140 (kcal)</b>	
Nutrients	Per Serving	Per Serving	
Fat	12.5g	4.0g	Med
Saturates	1.8g	0.6g	Low
Sugars	11.2g	3.6g	Low
Salt	2.00g	0.70g	Med
Protein	14.3g	4.6g	-

**Allergen Info: Wheat, Sesame**