

# Wonder<sup>®/MD</sup>

## Easy Kid Friendly Veggie Sandwich

Serves 1 / 10 mins

### Ingredients

- 2 slices Wonder®100% Whole Wheat THIN Sandwich bread
- 2 tbsp. of hummus
- ¼ cup lettuce
- ¼ cucumber, sliced
- ½ avocado, sliced
- ½ yellow pepper sliced
- ½ tomato sliced thinly
- ¼ cup thinly sliced cabbage

### Directions

 Prep Time: **10 minutes** | Cook Time: **0 minutes** | Total Time: **10 minutes**

1. Toast slices of bread to desired level.
2. Spread slices of the bread with hummus and top with lettuce, cucumbers, avocado, yellow peppers, tomatoes, cabbage and the remaining piece of bread.

