



Ingredients

- 2 slices Dave's Killer Bread, Thin-sliced, any variety
- 2 tbsp hummus, any flavor
- 1 tbsp crumbled feta cheese
- 1 tbsp thin sliced red onion*
- 6-8 pieces jarred roasted bell pepper*
- 9-12 thin slices English cucumber
- 2 slices tomato

Directions

- Spread hummus onto one slice of bread, then stack other items in order given.
- Secure with a toothpick in each half and cut in half

*Boost gut health by using fermented onions or peppers - sorry, but store-bought jars aren't fermented! This doesn't change the taste, but provides probiotics.

Learn to ferment veggies- it's easy! A great start is on YouTube with Pro Home Cooks video titled [The Complete Guide to Fermenting Every Single Vegetable](#)

Processed meat is known to cause cancer and restaurant veggie sandwiches are usually lacking in flavor, variety and nutrition. You don't have to give up sandwiches, flavor or feeling satisfied. You will be craving this one!

Always choose sandwich bread that is labeled "whole wheat", "whole grain" or "multigrain" that has 1-2 grams of fiber for every 50 calories or 1 gram of fiber for every 5 grams of carbohydrates.

Don't fear carbs! They are your body's main source of energy, and they are not all the same. Carbs to avoid are simple carbs. Eat plenty of complex carbs! Complex carbs come from starch and fiber.

Perhaps the best part of this food, fiber helps prevent heart disease, diabetes, cancer, obesity and more. It helps you lose/maintain weight, helps you feel more satisfied with your meals, and helps control blood sugar. Most people do not get enough.

Don't fear natural sugars! They are part of the carb count, but they get a different response from your body than added sugars, which would be on a separate line below Total Sugars if there was any.

Protein helps you feel full, and protein from non-animal sources comes without cholesterol and saturated fat, which is good.

Heart healthy due to good fat, low cholesterol, low sodium, high fiber.

Supports healthy weight and balanced blood sugar with high fiber, healthy fat, protein and cinnamon.

Feel full and keep your energy up with protein, whole grains, healthy fat and fiber.

Nutrition Facts

Serving size: Sandwich

Servings: 1

Amount per serving

Calories

277

% Daily Value*

Total Fat 8.3g 11%

Saturated Fat 2.7g 14%

Cholesterol 13mg 4%

Sodium 814mg 35%

Total Carbohydrate 40.5g 15%

Dietary Fiber 10.2g 37%

Total Sugars 13.4g

Protein 12.1g