



Published on *Nature's Own Bread* (<https://nauresownbread.com>)

[Home](#) > Very Veggie Sandwich

[Very Veggie Sandwich](#)



[100% Whole Wheat](#)

Packed with flavor and color, this very veggie sandwich makes for a very delicious meal!

Total Time:

8

MIN

Number of Ingredients:

9

Servings:

1

Level:

Easy

Ingredients:

2 slices Nature's Own 100% Whole Wheat Bread

1/4 avocado, mashed

3 medium radishes, thinly sliced

8 thin slices cucumber

Thinly sliced onion

About 4 slices roasted red bell pepper strips

Salt and pepper, if desired

2 tablespoons hummus

Instructions:

On one slice of bread, spread mashed avocado.

Arrange radishes, cucumber, onion and bell pepper strips over avocado.

Sprinkle with salt and pepper.

Spread hummus over second slice of bread.

Place bread, hummus-side down, over bell pepper. Cut in half.

Source URL: <https://naturesownbread.com/recipe/very-veggie-sandwich>