

Together We Cook

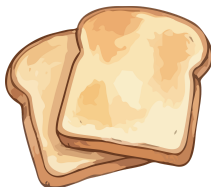
Carrot and hummus sandwiches

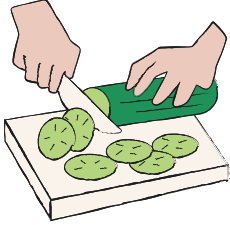
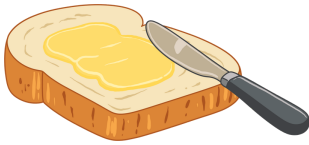
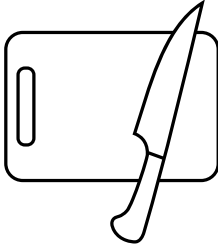
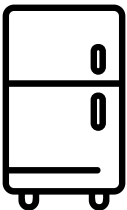


Serves 1



Ingredients

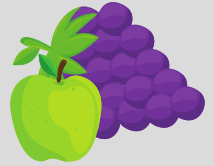
	1 carrot
	$\frac{1}{4}$ cucumber
	100g hummus (nut)
	2 slices wholemeal bread or a large multigrain wrap (wheat)

1		Peel and grate the carrot
2		Slice the cucumber into thin slices
3		Spread hummus onto one slice of bread or the wrap
4		Cover with carrot and cucumber
5		Cut the sandwich in half or roll up the wrap then cut in half
6		Wrap the sandwich in foil Put in fridge or cool bag until lunch

Serving ideas



- Try apple, grapes or raisins on the side



Variations



1. Add watercress, rocket or spinach leaves.
2. Add herbs like basil or coriander



Leftovers



- Keep the sandwich in the fridge or cool bag until you eat it

