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## Gluten Free Veggie Millet-Chia Sandwich

Recipe created by Stephanie Clairmont, MHSc, RD at The Clairmont Digestive Clinic courtesy of Udi's Gluten Free

This gluten free sandwich is packed full of vitamins and nutrients. It's a delicious lunchtime meal that will satisfy both the hunger and taste buds of your entire family – regardless of their level of tolerance for gluten.



### Ingredients

4	slices <i>Udi's Gluten Free Millet-Chia Bread</i>	4
4 Tbsp.	gluten-free hummus	60 ml
1 Tbsp.	hulled sunflower seeds	15 ml
2 Tbsp.	crumbled Feta cheese	30 ml
¼ cup	fresh sprouts such as alfalfa, broccoli, sunflower, or a mixture	60 ml
¼ cup	avocado, sliced	60 ml
2 Tbsp.	shredded carrots	30 ml
2 Tbsp.	sliced cucumber (about 8 thin slices)	30 ml

### Instructions

To make one sandwich, spread half the hummus on a bread slice. Sprinkle half the sunflower seeds and Feta over and mound half the sprouts and remaining veggies on top. Finish with a slice of bread, cut in half and serve. Repeat with remaining ingredients for second sandwich.

**Makes 2 servings (one sandwich cut in half)**

For additional gluten-free recipes, visit: [www.udisglutenfree.com](http://www.udisglutenfree.com)

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