



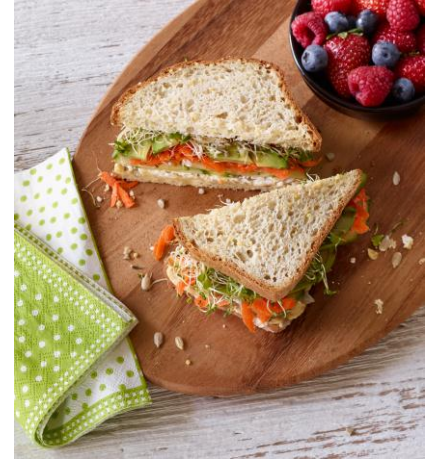
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Udi's Gluten-Free Veggie Millet-Chia Sandwich

Recipe created by Stephanie Clairmont, MHSc, RD at the Clairmont Digestive Clinic
Courtesy of [Udi's Gluten Free](#).

What You Need:

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



How You Prepare:

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.

Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit www.healthstandnutrition.com. Twitter @chocoholicRD.

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