

# LOADED MEDITERRANEAN SANDWICH

*Serves 1*

## INGREDIENTS

- 2 slices Primal Bakery Protein Bread
- 2 Tbls. favorite hummus
- 1 Tbls. pesto (optional)
- ½ avocado
- Handful spinach leaves
- ¼ cucumber, sliced
- 1 small tomato, sliced
- 1 jarred roasted red bell pepper
- 2 Tbls. shredded carrot
- Several slices red onion
- Drizzle balsamic vinegar or reduction
- Options:
  - More protein: add sliced turkey or tempeh
  - Panini: add sliced mozzarella and grill



## INSTRUCTIONS

1. Spread hummus on both bread slices and pesto on top of hummus on one slice.
2. Layer remaining ingredients onto slice without pesto and drizzle with balsamic.
3. Top with other slice of bread and enjoy!

## NOTES

- Use any high fiber bread you like, but know that the brand listed is one of the few breads with high protein so protein content will be lower with other breads.