



# Fresh Veggie Sandwich with Mayo

## Ingredients Needed for a Fresh Veggie Sandwich with Mayo

- 4 slices Aunt Millie's Half Loaf Honey 7 Grains Bread
- 4 tablespoons low-fat mayonnaise
- 8 large spinach leaves
- 4 slices of tomato
- 4 slices of red onion
- ¼ cup sliced cucumber
- ¼ cup Alfalfa sprouts
- Fresh cracked black pepper (optional)



## Directions | Yield: 4 servings of a Fresh Veggie Sandwich with Mayo

1. Lay out 2 slices of bread.
2. Spread each slice with 2 tablespoons of mayonnaise.
3. Lay 4 spinach leaves on each slice. Top with 2 tomato slices and 2 onion slices. Finish with cucumber slices and alfalfa sprouts.
4. Grind some fresh black pepper on top and top with remaining bread slices.
5. Serve and enjoy your Fresh Veggie Sandwich with Mayo.

