

TANNER SANDWICH

Whole Wheat tortillas (Lesson 7)

Tofu mayonnaise (lesson 3)

Sprouts

Tomatoes

Zucchini

Cucumber

Avocado

Olives

Onion

Carrots

Spread small amount of mayonnaise on whole wheat tortilla. Thinly slice tomatoes, zucchini, cucumber, avocado, olives, onion, and carrots onto tortilla. Add sprouts and a few drops of lemon juice. Roll tortilla up and eat as a sandwich.

Option : Use the above ingredients as a filling for pocket bread.

TOASTED AVOCADO SANDWICH

Spread a slice of whole grain toast generously with guacamole (Lesson 3). Top with a thin slab of tofu• and a tomato slice. Broil in oven or toaster oven until topping is hot. Top with sprouts and serve. Great with soup and a relish tray.

*(Soak tofu for at least half an hour in soy sauce-see recipe in Lesson 8.)