

Chickpea Apple Slaw Sandwich

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1 apple, grated
- 14 oz can of organic chickpeas or navy beans, drained and slightly mashed with a fork
- 1/2 cup grated carrot
- 1/2 cup dried cranberries or raisins
- 1 tsp apple cider vinegar
- Juice of 1/2 lemon, freshly squeezed
- 1 tsp extra-virgin olive oil
- Pinch of salt
- 4 slices of Silver Hills Sprouted Power Bread

Instructions:

1. In a bowl, combine grated apple, chickpeas, grated carrot and dried cranberries
2. In a small bowl mix together apple cider vinegar, lemon juice, extra-virgin olive oil and salt. Pour this into mixture and combine.
3. Toast bread and place chickpea slaw on top. If you don't plan on using all the slaw right away, place in a container and refrigerate for up to 5 days.

Notes:

Makes 2 sandwiches