

Cucumber Cashew Cheese Sammie

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 2 slices of Silver Hills Sprouted Bread
- 6 slices of cucumber
- 2-3 tbsp beet cashew dip or hummus
- 2-3 tbsp cashew cheese
- Sea salt and pepper to taste

Instructions:

1. If bread is frozen, let thaw 10 minutes before assembling sammie.
2. Spread beet dip on to bread. Add cashew cheese on top and then top with cucumber slices. Season with sea salt and pepper.
3. Enjoy right away!

Notes:

Serves 1. Double or triple ingredients for more than 1 sammie. This sammie goes well with the Falafel Sammie.