

Cucumber Sandwiches

Ingredients (makes 6 servings, serving size: ½ pc bread)

- 3 slices Whole wheat or 3 mini bagels sliced in half
- 3 Tablespoons hummus
- Dill weed (optional)
- Garlic powder (optional)
- 1 medium sized cucumber, rinsed, peeled & sliced

Directions

1. Spread 1 Tablespoon of hummus on each slice of bread or mini bagel.
2. Sprinkle with dill weed or garlic powder if desired.
3. Rinse, peel and slice cucumber.
4. Place cucumber slices on top of the hummus.
5. Wrap in plastic and refrigerate leftovers.

Nutrition Information - Per serving

Calories	56	Total Sugars	1.7g	Sodium	94mg
Protein	2.8g	Total Fat	1.2g	Cholesterol	0mg
Carbohydrate	9g	Saturated Fat	.2g	Fiber	1.7g



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