

Bible Sandwiches

½ head of cabbage

1 avocado chopped

½ cup sunflower seeds

2 Tbsp. Sesame seeds

1 medium tomato diced (alligator chopper)

¼ cup mayonnaise

½ tsp. Spike or seasoning salt

Dash cayenne

6 whole wheat pita breads, torn in half

Garnish with any of the following: Alfalfa sprouts, peppers, sliced cucumbers, grated carrot, sliced radishes, and diced mushrooms if desired.

Use Slicer/Shredder to slice cabbage thinly. Mix chopped avocado, sunflower and sesame seeds, and tomato with mayonnaise. Fill Pita bread with mixture. Season as desired with Spike or seasoning salt and dash of cayenne and garnish anyway you like with the extra vegetables.

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