



MicroDried®
Fruits & Vegetables
Powders • Fragments • Whole

garden hummus sandwich

- +2 slices whole grain bread
- +2 oz **Quick Herb-y Hummus**
- +1/2 medium avocado, sliced thin
- +1/4 cup thinly sliced cucumber
- +1/2 red bell pepper, sliced
- +1 slice cheddar cheese
- +2 red lettuce leaves
- +Olive oil & vinegar



featured product
MicroDried® Kale Fragments

quick herb-y hummus

- +2 oz plain hummus
- +2 tsp **MicroDried® Kale Fragments**
- +1/4 tsp Italian seasoning
- +1/2 tsp dried chives
- +1/4 tsp garlic powder
- +1/4 tsp paprika
- +Salt and pepper to taste

Add all ingredients to a small mixing bowl and stir to combine.

Also great as a dip for veggies!

- 1) Toast bread to preferred doneness.
- 2) Spread **Quick Herb-y Hummus** on each slice of bread.
- 3) Layer avocado, onion slices, cucumber slices, red bell pepper slices, lettuce, and cheese onto one slice of bread.
- 4) Drizzle with olive oil and vinegar.
- 5) Top with second slice of bread and enjoy!