

# Grilled Veggie Sandwiches

Sprouted whole grain bread  
Vegenaise (a healthier version of mayonnaise)  
Mustard  
Dill Weed  
Real Salt or Himalayan, or Celtic  
Pepper  
Sliced tomatoes  
Sliced onions  
Sliced cucumbers  
Sliced red, yellow or orange peppers  
Coconut oil



Spread Vegenaise on two slices of bread, spread desired amount of mustard. Lay sliced onions and red peppers on one side, sliced tomatoes and cucumber on the other side. Sprinkle generously with salt, pepper and dill weed. On the outside of bread spread coconut oil. Grill in pan or panni. If grilled in pan flip to toast both sides to desired toasting. This sandwich is especially great with fresh veggies from the garden. Get creative and enjoy!

Recipe by Yvonne Craft