

# JeanneJournal

## Breadzilla's Hippy Dippy

Makes one sandwich

- 2 slices of honey wheat Pullman loaf, or an alternative
- Sharp white cheddar cheese, grated
- Avocado, sliced
- Tomato, sliced
- Carrots, grated
- Alfalfa sprouts
- Grainy mustard
- Mayonnaise

Smear both slices of bread with the grainy mustard and mayonnaise. On one slice of bread, sprinkle generously with grated cheddar.

Put both slices in a toaster oven, toast until cheese has melted.

Remove from oven and top the slice without cheese with sliced avocado, tomato, grated carrots and alfalfa sprouts.

Place slice of bread with cheese, down on top of sprouts. Carefully cut sandwich in half, ensuring you do not lose all the goodness inside.

Enjoy immediately!