

# Sprouted Toast Bar

## Heart Health

**Items Needed:** Cutting Board, Knife, Plate, Fork.

### Ingredients:

- Sprouted grain bread or a nice whole grain bread
- Avocado
- Hummus or Smashed Chickpeas
- Assorted Veggies: radishes, peppers, pickled red onions
- Microgreens or Sprouts

### Directions:

1. Toast your choice of bread.
2. Choose a spread, avocado, hummus, smashed chickpeas
3. Top with assorted veggies and microgreens or sprouts.

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