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.

https://wexnermedical.osu.edu/nutrition-services

https://wexnermedical.osu.edu/rossgarden