Veggie and Hummus Sandwich

4 slices hearty whole grain bread, toasted

1/3 cup hummus

2 slices gruyere cheese

1 cup spinach

1/2 cup peeled and grated carrots

8 peeled cucumber slices

6 avocado slices

4 tomato slices

avocado slices

Small handful sliced red onion, rinsed under water

1/2 cup broccoli or alfalfa sprouts

Spread hummus over bread slices.

Layer veggies on top.

Top with a slice of cheese.

Add remaining bread slice and cut in half.