

Houmous and Carrot Sandwiches

Serves 1

Preparation time: 5 minutes

Ingredients:

Half a pot of fresh Houmous dip

1 large carrot

Multigrain bread



Method:

- 1 Spread multigrain or wholemeal bread with houmous (reduced fat if you're feeling extra good!)
- 2 Grate the carrot
- 3 Top with crunchy grated carrot. Perfect for everyone's packed lunch box.