

Jim's Real Food Kitchen

A Plant Based Whole Foods Lifestyle



Radish Sprouts Sandwich

A Vegan Jim Favorite



This delicious sandwich is also very nutritious being made of sprouted foods.

Ingredients

- 2 Slices of Ezekiel 4:9® Low Sodium Sprouted Whole Grain Bread*
- 3 Ounces of sprouted radish seeds.
- 2 Tbsp of Vegan Jim's Tofu/Tomato Sauce**

*Food for Life makes 12 other sprouted breads. Vegan Jim typically uses the Low Sodium version because it has no added salt.



Note: Vegan Jim uses only organic food items.

Directions

1. Defrost 2 slices of sprouted bread
2. Spread sauce onto both pieces of bread
3. Add sprouts
4. Place 2nd slice of bread on top
5. Enjoy

**Tofu/Tomato Sauce Recipe

1. Mix in high intensity blender one whole package of firm tofu along with one medium fresh tomato.
2. Add Soymilk or water if consistency is too thick.
3. For added flavor, spices of your choice may be added.