

ROASTED VEGGIE BUNWICH

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Super Easy

4 servings

Active time: 20 minutes

Total time: 30 minutes

1 tbsp extra virgin olive oil
8 shitake mushrooms
1 zucchini, sliced
1 small eggplant, sliced
1 medium red onion, sliced
2 red peppers, chopped
3 tbsp flax oil
4 tbsp hemp seeds
1-2 cloves garlic
1 pinch of Himalayan Crystal Salt
1 log soft goat cheese
¼ cup fresh basil, chopped
1 package clover or alfalfa sprouts
4 rye buns



- Preheat oven to 400°.
- Place mushrooms, zucchini, eggplant and red onion in a single layer on 2 oiled baking trays. Rub the veggies in the oil a bit and then flip them over.
- Roast veggies for 20 minutes.
- Place red peppers in a food processor with flax oil, hemp seeds, garlic and a pinch of **Himalayan Crystal Salt**. Puree until smooth. Taste and add more **Himalayan Crystal Salt** if needed.
- Stir basil into the goat cheese and place in fridge.
- Spread bottom halves of buns with goat cheese and top halves with red pepper puree. Top each bottom with sprouts and then layer on veggies. Put the top on and enjoy!

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