

Herbal Legacy Recipes

SPIRAL SANDWICHES

These are fun for kids to make, too!

INGREDIENTS:

- 2 or 3 eight to ten inch sprouted grain tortillas
- ½ cup hummus
- 4 chives, 1 sprig of dill and/or 3 basil leaves
- 1 tomato seeded and thinly sliced
- 10 spinach leaves



DIRECTIONS:

1. Mix the hummus and herbs together in a small bowl.
2. Spread a little hummus mixture on each tortilla. Place 3 or 4 tomatoes slices in a row down the middle. Top with spinach leaves.
3. Roll up each tortilla tightly into a log. Pinch the seams shut. Use a serrated knife to slowly slice each log crosswise into 5 or 6 pinwheel sandwiches.

Serves 2 or 3.

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