

Chickpea Sandwich

This sandwich is great for anyone on the go! It takes only a few minutes to whip up and keeps in the fridge for up to a week. Its also great with veggies as a dip or on top of a salad.

Prep:
5 minutes

Cook:
0 minutes

Ready In:
10 minutes

Servings:
4



Chickpea Salad

- 1 15oz can chickpeas (rinsed and drained)
- 1/4 cup sunflower seeds or raw almonds
- 2 stalks celery, minced
- 1/4 small red onion, minced
- 2 tbsp tahini
- 1 tbsp yellow or dijon mustard
- 1 tbsp maple syrup
- 1 tsp dried dill
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- 1/2 tsp salt

Sandwich

- Thinly sliced tomato
- Lettuce
- Thinly sliced onion
- Thinly sliced cucumber
- Bread of choice

Instructions

- 1 In your blender add your chickpea salad ingredients and lightly blend until combined. You want this to remain a bit chunky so use a low setting. You might need to use a tamper to move the ingredients around as its blending.
- 2 Add your chickpea salad to your bread and whatever toppings you like. I used cucumber, red onion, tomato and lettuce.