

## Hummus-Zucchini English Muffin

### Ingredients:

- 2 tablespoons hummus
- 1 toasted whole-grain English muffin, split
- 2 tablespoons shaved carrot
- 2 tablespoons shaved zucchini
- 2 teaspoons roasted salted sunflower seeds



### Directions:

1. Cut English Muffin in two halves and place the two halves in toaster.
2. Spread hummus on cut sides of English Muffin halves once it is done in the toaster.
3. Use a vegetable shaver or a grader to grade the English Muffin with a Carrot and Zucchini.
4. Finally add sunflower seeds and enjoy your healthy snack