

# Vegan Crunch

## Books & Bagels

- Fresh and delicious. Start with schmearing 50g of hummus on the bottom half of your bagel thin.
- Next layer the cucumber ribbons (we like to use a vegetable peeler to make ours!), crunchy red pepper, shredded red cabbage, and lettuce.
- Finally, pop on the bagel lid and enjoy a light lunch full of flavour.

