

Broccoli, Garbanzo Bruschetta - GF, SF, VEG

Ingredients:

1-2 c. broccoli flowerets chopped small
1 can organic garbanzo beans, drained
1/2 c. (to taste) bruschetta - T.J.'s fresh (in
cheese cooler) or jar
OPTIONAL - 1 tsp. oil if taking Mepron with this.

Directions:

Mix all together. Eat!

Note: I microwave broccoli 1 - 2 min. with 1 - 2 Tbsp. water,
to ease digestion by my abx-tattered stomach!
Then cool it before mixing into beans and bruschetta.

Submitted by: Judy 06/09