



RECIPES

Peak Sandwich

Sprouted whole wheat or barley bread
Sliced Goat milk Gouda cheese or Sheep milk Manchego cheese
Alfalfa sprouts
Thinly sliced Roma tomato
Thinly sliced avocado
Gold's prepared horseradish with red beet juice
1 teaspoon extra virgin olive oil
Thyme
Prepared mustard, optional

Lay bread on plate. Drizzle with olive oil, spread on horseradish (thick or thin), sprinkle thyme, and place cheese, alfalfa sprouts, avocado, and tomato on top. Eat open face or place another slice over sandwiched ingredients for full sandwich.