



Chew's Challenge

Triple Decker Sausage Egg “McMuffin”

Ingredients

- 3 English muffins
- 1/2 vegan cup cheese
- 4 vegan sausage patties
- 2 Not So Egg omelette
- 2 Tbsp grape jelly



Vegan Subway Sandwich

Ingredients

- 1 whole wheat sub bread
- Drizzle evenly olive oil
- Sprinkle evenly salt
- Sprinkle evenly oregano
- Spread evenly tomatoes
- Spread evenly olives
- Spread evenly lettuce
- Spread evenly spinach
- Spread evenly cucumbers
- Spread evenly avocado
- Spread evenly jalapeños
- Spread evenly peppers

