

MOT more of this  
LOT less of that

---

## MOTLOT Signature Sandwich

The sandwich that started MOTLOT!

---

**Serves: 1**

**Total time: 15 minutes**

---

### Ingredients

- 2 slices whole grain or gluten free bread of choice
- 2 slices tomato
- 2 slices fresh mozzarella
- 1 cup steamed or sauteed baby spinach, squeezed dry
- Dijon mustard

### Directions

1. Toast bread
  2. Layer spinach, cheese, tomato on top
  3. Spread a bit of dijon mustard
  4. Cover with other slice of bread
  5. Enjoy!
- 

**Mary-Beth says:** *"I love breakfast! Starting the day with 2 (TWO!) vegetables will set you up for healthy success throughout your day."*