

Vegetable Sushi

Ingredients:

- 1 medium ripe but firm Haas avocado, pitted and sliced lengthwise
- 1-2 tbsp. fresh lemon juice, or as needed
- a pinch of coconut sugar or sucanat (optional)
- 2 nori sheets (dried seaweed)
- Sprouts: alfalfa, radish, broccoli, sunflower, red clover, etc.
- ¼ cup carrots, julienned
- ¼ cup cucumber, deseeded and sliced
- ¼ cup red cabbage, shredded
- ¼ cup red bell pepper, thinly sliced
- Coconut or Bragg's aminos for dipping

Instructions:

1. Drizzle lemon juice over the avocado slices to keep them from browning and to add that traditional sour flavor in sushi rice, a sprinkle of coconut sugar might also help but is not necessary.
2. Place 1 nori sheet on a bamboo mat or a clean dish towel.
3. Starting at the closest end of the nori use the sprouts to create a bed for the veggies and avocado. Add half of each vegetable and a few pieces of avocado stacked neatly on each other or side-by-side until about ¼ of the sheet is full.
4. Use the bamboo mat or dish towel to roll the sushi together and away from you. To seal it, dab a tiny bit of water on the inside of the open end, and then set aside.
5. Repeat with the second sheet and remaining vegetables.
6. With a sharp knife cut each roll into 4-5 pieces.

Tip: Add short-grain brown rice for a more traditional sushi. See this YouTube video for instructions on rolling sushi without a mat or dish towel: <https://www.youtube.com/watch?v=WbUgKCsqqgc>

Servings: 2