

Vegan Sushi

Nori Kelp Sheets

Sprouted forbidden rice or basmati rice cooked

Finely sliced in thin inch segment, cucumber, carrots, and avocados

Pink Himalayan Salt

Plastic wrap or cloth

Little cup of water

Take a piece of plastic wrap or a cloth and place your nori sheet down. Add about $\frac{1}{4}$ - $\frac{1}{3}$ cup rice and press and spread it down as best as you can. Make a horizontal row of each of the vegetables in the edge closest to you. Dash the salt over the sheet lightly (optional). Start to curl the bottom edge of the nori sheet up and away from you, and roll tightly, making sure to get the cloth or plastic wrap out of the way with each turn. Once you are almost to the end, get a small cup of water and dip your finger into the water. Run your moist finger along the horizontal final edge of the roll and then roll it onto itself for it to seal. If you want you can tightly wrap in plastic wrap and slice into 1-2 inch segments when you're ready. Delicious way to get kelp, minerals, antioxidants, and healthy fats into your diet!

Recipe by Kelly Pomeroy