



## RAW SUSHI ROLLS

### Rolls:

- 6 nori sheets
- 1 cup raw cauliflower (could use quinoa as well)
- 1 cucumber cut into sticks
- ½ red capsicum cut into sticks
- 1 Avocado sliced
- 1 cup alfalfa or other sprouts

### Sesame Ginger Sauce: (mix all together)

- ½ cup tamari
- 2 tblesp brown rice vinegar
- 1 teasp agave nectar (or 1 teasp stevia to taste)
- ½ teasp grated ginger
- ½ teasp sesame seeds

### To make rolls:

Place raw cauliflower in food processor and pulse until turns into rice size pieces.

To assemble, place 1 nori sheet on sushi matt (shiny side down).

Spread thin layer of cauliflower on bottom half of nori sheet – layer on top of the cauliflower a few cucumber sticks, capsicum strips, alfalfa sprouts and avocado.

Use sushi mat to gently roll, using your fingertips to tuck the filling in as you go – when becomes solid cylinder remove the sushi mat and use your hands to continue rolling tightly - moisten edge of nori sheet with water to seal.

Slice and serve with your dipping sauce!



*Happy Rawking!!!*