

## Nori Rolls with Turmeric and Sunflower Seed Pate

Turmeric is a wonder product that has gained fame in recent times for its anti-inflammatory properties. In India, people have been using it since ancient times. The active ingredient in turmeric is curcumin. It may be a powerful ally in fighting osteoarthritis. There are even some studies which suggest it may slow down cancer growth or liver cirrhosis. Such claims demand a bit more scrutiny, but the volume of evidence we're collecting so far indicates that we'd all do well to include more turmeric in our diets.

### Turmeric and Sunflower Seed Pate

Makes 6-8 servings

1 cup sunflower seeds, soaked for 2 hours or more, and drained  
1 Tb wheat free tamari  
1 clove garlic, minced  
1 tsp ground turmeric  
2 tsp ginger minced  
1/2 cup water

### Vegetables for 2 nori rolls

2 sheet raw or toasted nori  
1/2 cup alfalfa sprouts  
1/2 cup kale or red cabbage very thinly sliced  
1/2 cup shredded or spiralized zucchini  
1/4 cup raw sauerkraut

- Place sunflower seeds, tamari, garlic, turmeric, and tomatoes in a food processor.
- Process till well incorporated. Add water in a slowly (with the motor running) till pate is smooth and spreadable.
- You can serve it on raw flax crackers, use it as a dip or put on top of a salad

To assemble the nori rolls, just use whatever veggie fillings you have handy or the ones recommended. Spread 2 tablespoons of the filling onto a nori sheet, and then top with your vegetables. Roll up and cut in half. Enjoy!

**Easy Option:** If you don't want to make the pate use 1 Tb of chick pea miso on each nori sheet with some vegetables and sliced avocado.