

Fall Nori Rolls

2 servings

4 sheets raw or toasted nori
2 Tb miso, yellow, white or chick pea (optional)
1 avocado, seeded, peeled, and sliced
1 carrot, julienned on a mandolin or shredded
1 cucumber, seeded, cut into thin strips by hand
3 Tb fresh herbs either basil, cilantro or mint cut into ribbons (optional)
1 cup alfalfa or clover sprouts
½ cup raw sauerkraut

Wheat free tamari

- On a sushi rolling mat or cutting board, place a sheet of nori.
- Spread ½ Tb miso (if using) in a strip on the bottom of the nori
- Starting on the edge closest to you, line up a few avocado slices, 1/4 of carrots, cucumber, sprinkle of herbs, 1/4 cup sprouts, and 2 Tb sauerkraut. It will only cover 1/3 of the sheet of nori
- Roll nori and tuck all of the ingredients in as you go. Spread a little more miso along the top edge to seal the roll (or you can use some water). Repeat with remaining ingredients.
- Eat as a whole roll or slice half.

Dip in some wheat free tamari and or serve with the [Tahini Ginger Dressing](#)