

# Easy Nori Vegetable Rolls

2 servings

2 Tb yellow or chick pea miso  
½ tsp turmeric  
4 sheets nori  
2 cup arugula or mixed greens coarsely chopped  
1 avocado peeled and cut into thin slices  
1 carrot shredded  
½ cucumber seeded and cut into thin strips  
1 cup sprouts  
¼ cup fresh basil &/or mint  
½ cup raw sauerkraut squeezed dry

Wheat free tamari

Wasabi powder dissolved in water to make a paste

- Mix the miso in 2 Tb of water with ½ tsp turmeric. Set aside.
- Place 1 sheet of nori on a sushi mat or cutting board.
- Spread ¼ of the arugula on top of the nori
- Starting on the edge closest to you place in a row ¼ of the carrots, cucumber, sprouts, avocado, herbs and sauerkraut.
- Roll the nori from the bottom up as tightly as you can.
- Spread the miso/turmeric mixture along the top edge to seal the roll.
- Slice the rolls in half
- Serve with tamari and wasabi in a small bowl for dipping