

Clean Vegan Sushi



If you enjoy a sushi every now and then, but want to stay away from all the Troublemaker foods it contains, please try this recipe. It will help you heal, and you will get a delicious meal out of it at the same time!

Servings: 1

Sushi

3 nori sheets
1/4 cauliflower
big handful spinach
1 carrot
1/2 red bell pepper
1 avocado
coriander

Dipping Sauce

3 tbsp lemon juice
3 tbsp maple syrup
1 tsp ginger powder
1 tsp garlic powder
1/2 tsp onion powder
pinch of sea salt

Instructions

1. Start by making the cauliflower rice. Divide a quarter of the cauliflower head into larger pieces and place in the food processor. Pulse until you have cauliflower rice.
2. Rinse all the vegetables. Peel the carrots and slice the carrot, bell pepper and avocado. Divide the coriander into larger pieces. Put everything on a large plate.
3. Place a nori sheet on the chopping board, with the glossy side down. Start with a layer of cauliflower rice, then put a layer of spinach leaves on top of it. Then add a row of the other vegetables.
4. When you are done, roll the sheet away from you. Roll it as tight as possible, without breaking it. When you have a small strip left of the sheet, farthest from you, moisten it with a little water and roll up the last piece. Set aside.
5. When you have rolled up your 3 sheets (or as many as you want to make), then divide them into smaller sushi pieces. Place on a large plate.
6. Make the sauce by mixing everything in a bowl and stirring with a fork. Pour into a small bowl.
7. Dip the sushi in the sauce and enjoy.