

Vegetable Nori Roll-Ups

Ingredients:

Juice of 1 lemon
2 tablespoons Bragg's liquid aminos or tamari sauce
1 teaspoon extra-virgin olive oil or flaxseed oil
Dash of cinnamon or cayenne (optional)
2 carrots, slivered
3 scallions, slivered
1 zucchini, slivered
1 daikon radish or cucumber, slivered
Alfalfa sprouts
Buckwheat and /or sunflower sprout

Instructions:

In a small bowl, combine the lemon juice, liquid aminos, oil and cinnamon. Place the vegetables in a shallow pan and pour the lemon juice mixture over them. Marinate the vegetable for 15-30 minutes. Drain the vegetables thoroughly by tossing them in a colander or blotting them with paper towels.

Arrange the marinated vegetables on nori sheets, top them with a lot of sprout and roll them up.

Servings:

2-3 rolls

<http://www.valuerecipes.com/index.php/article/articleview/637/1/17/>