



Veggie Quinoa Sushi

4 servings

30 minutes

Ingredients

- 1/2 cup Quinoa
- 1 cup Water
- 2 tbsps Apple Cider Vinegar
- 1/2 Cucumber (sliced into strips)
- 1 Avocado (diced)
- 1 Carrot (grated)
- 1/8 tsp Cayenne Pepper
- 8 Nori Sheets
- 1/4 cup Tamari

Nutrition

Amount per serving	
Calories	157
Fat	4g
Saturated	0g
Carbs	22g
Fiber	0g
Sugar	0g
Protein	8g
Cholesterol	0mg
Sodium	0mg

Directions

- 1 Add quinoa and water to a saucepan and bring to a boil. Once boiling, turn down to simmer and cover for 12 minutes. After 12 minutes, remove from heat and stir in apple cider vinegar. Set quinoa aside.
- 2 Place nori sheet on bamboo mat. If you don't have a bamboo mat or tea towel. Spread two spoonfuls of quinoa over nori sheet then add cucumber, avocado and carrot (and/or other any veggies you love). Roll the sushi. (Note: If you have never rolled sushi, Youtube it. There are a million videos with awesome demonstrations!)
- 3 Using a very sharp knife, slice the filled nori roll into smaller pieces. Sprinkle sushi pieces with cayenne pepper if you want a little spice! Serve immediately with tamari.

Notes

Seaweed & Sexuality: Seaweed enriches the liver, thyroid, kidneys, bladder and adrenals - all of which are organs vital to fertility.

Anti-Cancer Carrots: There's no denying the tremendous health benefits of carrots, particularly their anti-oxidant power. However, recent research tells us that carrots have unique phytonutrients called polyacetylenes (specifically falcarinol and falcarindiol), which studies have determined can help inhibit the growth of colon cancer cells.