Seaweed Vegetable Wrap with Tangy Tahini Sauce

Serves 1-2

Ingredients for Vegetable wrap

2	Sushi Nori sheets
½	Avocado, flesh scooped out
½	Fennel bulb, shaved finely
½ - 1	Carrot (grated)
1	Nectarine or persimmon (seasonal)
Handful	Sunflower seeds (raw)

Equipment

- Chef's knife
- Blender

1. Layer the vegetables and seeds on the nori sheet. Tuck in the outer corners and gently roll the nori, using your hands. Slice into small pieces or serve as is!

Ingredients for Tahini sauce

(Makes about ¾ cup)*

1/4 cup	Tahini
1 Tbsp	Lemon juice
2 Tbsp	Water
1 Tbsp	Apple cider vinegar (raw, unfiltered)
1 tsp	Raw honey
1/2 tsp	Cumin
1/2 tsp	Coriander
1 Tbsp	Organic tamari sauce (gluten-free)
1 small clove	Garlic, minced (optional)

1. Blend all ingredients in a magic bullet, powerful blender, or food processor until smooth and creamy.

*This makes more than enough sauce for the 2 wraps above. Make more wraps as needed or the sauce can be kept in the refrigerator for your next spontaneous nori wrap snack!

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