

SPROUT WRAPS

BEST FOR

- Morning Detox Drink
- Breakfast

- Lunch
- Mid-Meal

- Dinner
- An Occasional Treat

Raw sprouts are one of the best foods you can eat for your health. Turn to page 26 to understand how to grow them. A fun way to eat them is by wrapping them up in nori sheets. Nori is the type of seaweed used in sushi and is actually a sea vegetable. Like sprouts, nori too is a nutritional powerhouse. Try to get untoasted nori sheets if you can!

INGREDIENTS

MAKES 3 ROLLS

- 4 nori sheets
- 4 lettuce leaves
- 2 cups homegrown sprout mix (such as sprouts of alfalfa, clover, radish)
- 1 small cucumber, cut lengthwise
- 1 small carrot, cut lengthwise
- 1 red bell pepper, cut lengthwise
- ¼ red cabbage, cut lengthwise
- 1 avocado (optional), peeled and cut lengthwise

Peanut Dressing

- 2 tablespoons peanuts, soaked
- 1 tablespoon lemon juice
- ⅛ small green chili
- ½ teaspoon rock salt
- 1 tablespoon powdered jaggery
- 2 tablespoons water

PRE-PREPARATION

Prepare vegetable sprouts as explained on page 37.

METHOD

1. Place nori roll shiny side down on a bamboo mat placed upon a flat surface. At the bottom half of the nori sheet, place a lettuce leaf.
2. Then, place a handful of the sprout mixture, cucumber, carrot, bell pepper, cabbage and avocado.
3. Wrap nori roll tightly, using a small amount of water to seal the last ends together.
4. Cut each roll in 3 pieces with a sharp knife.
5. To make the dressing, simply blend together all the dressings ingredients together. You can add the dressing either inside the roll, or serve it separately outside.