



Pregnancy-safe Sushi Recipes

Avocado-Shrimp Sushi Roll

- Pre-cook the shrimp and mash the avocado.
- Prepare a rice and vinegar mixture.
- Prepare the mat and nori sheet and place the rice-mixture layer on it.
- Place a layer of cooked shrimp and cucumber slices.
- Roll and cut.



Fruit Sushi Roll (dessert)



- Prepare a soft mixture with cooked rice and coconut milk.
- Cut fruits such as mango, kiwi, and strawberries into thin slices.
- Place wax paper on a sushi mat and spread the rice mixture.
- Arrange the slices of fruit on it and roll it tightly.
- Coat the roll in dry coconut or with kiwi or mango strips.
- Cut and serve.

