

# HEALTHY VEGAN & VEGETARIAN SUSHI RECIPES



## VEGAN SHIITAKE MUSHROOM ROLLS

- ◉ Evenly spread the cooked rice on a nori sheet.
- ◉ Place half of the stir-fried mushrooms on the rice with the desired amount of sriracha-vegenaise mixture.
- ◉ Roll it up and cut it into 1- to 2-inch slices to make sushi rolls.



## VEGGIE NORI ROLLS



- ◉ Evenly spread cooked rice-sesame seeds mixture on a nori sheet.
- ◉ Place thin strips of lettuce, carrot, yellow pepper, cucumber, and avocado on one edge of the nori sheet.
- ◉ Roll up the nori sheet and cut it into 1 to 1.5-inch thick pieces. Serve with homemade wasabi and pickled ginger.

## AVOCADO AND MANGO QUINOA NIGIRI

- ◉ Mix cooked quinoa with tamari, sunflower seeds, flax meal, rice vinegar, and maple in a bowl.
- ◉ Make 2¾-inch long oval logs with this mixture and place them on a plate.
- ◉ Warp each log at the center with a thick nori sheet and place a mango strip on top of each log, followed by an avocado strip to complete the dish.

