

2. Add the following ingredients to a saute pan on a low heat setting:

- 2 carrots, sliced into thin long strips
- 1 cup (~5-6) mushrooms, sliced
- 1 Tbsp (~2) garlic cloves, minced
- 1 Tbsp (~1") ginger, minced
- 2 Tbsp coconut oil
- ½ tsp sriracha sauce
- 1 Tbsp dijon mustard
- 1 Tbsp soy sauce *optional - add 3 Tbsp tamari if omitting
- 2 Tbsp tamari
- 2 tsp white wine vinegar
- 1 Tbsp lemon juice



3. Once the mushrooms have cooked down a bit (~5-7 min), add 2 cups cooked rice and mix well. Allow to cook for ~5 min and then remove from heat and cover w/a lid to keep warm.
4. Transfer rice mixture toward one end of a nori wrap.
5. Add zucchini, bell pepper, green onion and spinach.
6. Using wet fingertips, touch the nori wrap on the end that you have added everything to (just helps it stick but careful not to add too much, or it will make it very hard to work with).
7. Roll the filling away from you while tucking the ingredients in tightly, it's ok if veggies are sticking out the sides or if a bit falls out, just get it rolled up and you can stuff the sides in if ya need to.
8. Use a bit more water on your fingers to help it seal if necessary.

9. Using a very sharp SERRATED knife, and using your fingers to help hold the shape, cut the sushi into desired sized pieces.



10. ~ inJOY ~

~ For an optional decorative and flavor adding topping ~

~ Try This ~

~ [Creamy Avocado Cilantro Lime Sauce](#) ~

Ingredients:		Method:
❖ ½ lime, juiced	❖ ¼ tsp cumin	1. Blend all ingredients together until smooth using a either a handheld blender, a high speed blender or food processor.
❖ 1 avocado	❖ ⅛ tsp smoked paprika	2. Drizzle over sushi for a bit of added flavor and color.
❖ ¼ cup vegan mayo	❖ ⅛ tsp cayenne pepper	
❖ ¼ cup cilantro, loosely packed	❖ fresh ground salt and pepper to taste	

