

Samurai Rolls

Filling:

500 ml carrot pulp and juice
500ml raw almonds (soaked 24-48u in pure water)
1-2 cloves garlic
1 medium red onion, minced
2 tablespoons olive oil
2 tablespoons sweet brown or mellow barley miso
½ tot 1 teaspoons unrefined sea salt to taste
2 tablespoons soy sauce
Pinch cayenne pepper

optional: cherry tomatoes cut in cubes

In the roll:

Red bell pepper, cut into long strips
orange, yellow or red bell pepper
avocado slices
Leek sprouts

Process the carrots in a food processor.

Process the almonds in a food processor using the carrot pulp to facilitate the process.
Put carrot and almond mixture in a bowl and mix with all ingredients except avocado and bell pepper.. Mix well!

Place raw nori sheets on a nori mat (you can do this without if you like) Fill with carrotpaté and add slices of avocado, bell pepper and fresh sprouts. Roll up tightly and cut with a sharp knife!

Note: It is best to peel almonds before but not necessarily. Wet your knife every time you cut a piece!