



# 60 Days to Reclaim YOUR Health

## SUSHI

### Ingredients

nori sheets  
cooked buckwheat or brown rice  
agave nectar  
carrots strips  
avocado strips  
cucumber strips  
prepared wasabi paste  
Nama Shoyu

### Directions

1. Cook brown rice or buckwheat according to the directions on package adding approximately 1/2 Tbsp agave nectar per 1 cup of rice or buckwheat. You want the rice a little sticky to hold together.
2. Take one sheet of nori. Pat down rice approximate 1/4 inch thick on 75% of the sheet, leaving a strip at one end with no rice.
3. Layer fine strips of any vegetable you like along the center.
4. Roll up in a tightly. Wet the rice-less end of the nori with water and fold across roll to seal.
5. Cut roll into pieces approximately 3/4 inch thick.
6. Layer several pieces on your plate.
7. Put a small mound of wasabi and a tiny bowl of Nama Shoyu for dipping.