

Non-Sushi Rolls with Smoked Salmon

KETO FRIENDLY | GLUTEN FREE



Category:
Light Recipes

INGREDIENTS

- Nori sheets
- Cream cheese, softened
- Smoked salmon
- Cucumber, thinly sliced
- Avocado, thinly sliced
- Freshly ground black pepper
- Black sesame seeds, for serving

Ingredient note

Use organic ingredients whenever possible. Choose whole-food ingredients without added sugar, fillers, preservatives or artificial ingredients.

INSTRUCTIONS

1. Place a nori sheet on a flat surface.
2. Spread softened cream cheese right to the edges of the nori.
3. Layer smoked salmon, thinly sliced cucumber and avocado over the cream cheese.
4. Season with freshly ground black pepper.
5. Roll tightly, using gentle pressure so the roll holds together.
6. Slice into 3/4 inch pieces.
7. Serve sprinkled with black sesame seeds.

VICTORIA'S TIP

Use a sharp knife and wipe the blade between cuts for cleaner slices. Keep the filling fairly thin so the roll is easier to slice. Serve chilled or slightly cool for the best texture.

APPROXIMATE NUTRITION

Per serving will vary depending on the amount of cream cheese, smoked salmon and avocado used. This recipe is naturally low in carbohydrates because it uses nori instead of rice. More low-carb recipes Visit the Stop Sugar Crave recipe library for more healthy, lower-carb recipes. Stop Sugar Crave™ | Healthy Recipe Collection

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