

ROAD NOTES HEALTHY RECIPE
(RVegan_life @ Instagram)

Rainbow Nori Wrap



Ready in 10 **minutes**

Serves **1 serving**

Ingredients

- 1 pcs carrot
- ½ pcs cucumber
- ¼ cup red cabbage
- ¼ cup enoki mushrooms
- ¼ cup tofu
- 2 tbsp mint
- ½ cup baby spinach
- ½ pcs avocado
- 1 tbsp sprouts
- ¼ cup mango
- 2 tbsp sesame oil
- 1 tbsp lime juice
- ¼ tsp chili
- 4 pcs nori sheets or other wrap

Preparation

1. Clean veggies and fruits and cut them in slices.
2. Cut the tofu.
3. Mix lime juice, sesame oil and chili into a small bowl.
4. Lay 1 nori sheet on a flat surface, place about a handful of all raw ingredients on top and loosely roll the nori in a cone.
5. Serve together with the sauce.
6. Enjoy your meal!

Meal Information

Calories: 652.70

Protein: 0.77 oz

Fat: 0.67 oz

Carbs: 1.87 oz

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