This may seem like a lot of work, so just make the Concoct and the Pate a day or two ahead and then you are ready for the final assembly which only takes a few minutes! Completely worth the effort - make extra because everyone will want more!!

Ocean Wrap
(Courtesy of Gorilla Foods–Aaron Ash)
1 nori sheet
2 tbsp Salty Mango Concoct (recipe follows)
1-2 baby lettuce leaves
1/4 cup Ocean Pate (recipe follows)
2-3 red pepper strips (1/2" wide)
3 cucumber strips (1/2" wide)
2-3 avocado strips (1/2" wide)
1/3 cup Carrot & Daikon Hemp Seed Toss (recipe follows)
1/2 cup sprouts (any kind will work!)

1. On a dry surface, lay out nori sheet. Spread Mango Concoct over bottom 1/4.
2. Cover with greens, leaving about 2" at top of nori sheet uncovered.
3. Top greens with a mounded layer of pate.
4. Alongside the pate, place pepper, cucumber and avocado strips.
5. Top with Carrot & Daikon mix and add a layer of sprouts.
6. With a bowl of water beside you, roll nori sheet up carefully, making sure everything is tight inside. Moisten the top 2" section of nori sheet as in an envelope. Finish rolling so both sides stick together. Make sure it is sealed, using more water if necessary.
7. Cut in about 8 pieces or leave as full or half wraps (Pictured)

Salty Mango Concoct
1 cup dried mango slices
1/4 tsp salt
In a bowl, soak mangos for 2 hours in enough water to submerged. In a food processor with an s-blade, process mangos & salt to a purée.

Ocean Pate
1/2 cup sunflower seeds
1/2 cup walnuts
4 celery stalks
1 1/2 medium carrots
2 cups chopped dulse
1/2 tsp spirulina
2 tbsp hemp seeds

1. In a bowl, soak seeds & walnuts for at least 6 hours and rinse well before using.
2. In a food processor with an s-blade, process soaked seeds and nuts with rest of ingredients until the pate in finely minced.

Carrot & Daikon Hemp Seed Toss

2 carrots, shredded

1 daikon (3-4") shredded

3 tbsp hemp seeds

2-3 tsp sesame oil

3/4 tsp salt

Toss all ingredients together in a bowl - that's it!!