

Seaweed Veggie Wrap

1 cup cashews
1 tbsp grated ginger
2 small cloves garlic
1 tsp sea salt
3 carrots – coarsely grated
2 tbsp extra virgin olive oil
½ cup raisins
½ to 1 cup chopped cilantro
1 tsp tamari or Braggs
1 package Nori sheets (seaweed)
2 tbsp Tahini spread (optional)

- Process the cashews in a food processor until course (not a paste) or chop them with a knife.
- Grate the ginger & garlic into the bowl of nuts.
- Add the remaining ingredients & mix well.
- Spread 2 to 3 large scoops of the mix evenly over a sheet of nori & fold once (enough to cover the mix).
- fold the bottom of the sheet up (so that the contents wont be lost when you hold it) then roll the remainder of the wrap.