

## Swami's Roll

*We were at Swami's beach in Encinitas, CA, in the morning of the day we created this recipe... Surfing, contemplating the marvelous coral reef while catching a wave... Sunshine, friends... What else is needed..? We felt peaceful and sun energized and how easy it is to do anything inspired after taking a pleasure in life...*



While this may look like a long list of ingredients, the recipe is very easy to make. It only takes three simple steps.

### First, **JapaNice Sauce:**

4 tbsp Nama Shoyu

4 tbsp filtered water

1 tsp agave nectar

1 tbsp lemon juice

1 tbsp minced garlic

1 tbsp minced ginger



Mix all the ingredients in a bowl and you have JapaNice sauce. We'll use it later for dipping in the nori rolls!

### Second, **Pistachio Paste:**

1 cup pistachio butter

2 tbsp lemon juice

½ cup finely minced parsley

1 tsp sea salt

¼ tsp ground black pepper

1 tbsp agave nectar

Mix all the ingredients to make a pistachio paste. You may also want to add in ¼- ½ cup of water to make the paste thinner. We will use this paste to spread it on each nori sheet.

### Third, **Rolling the Noris:**

Just flow with it, rolling the Noris might be tricky sometimes, but it is more about the attitude than technique.

3 Nori sheets

6 butter lettuce leaves

2 stalks of celery

½ bell pepper

1 cup alfalfa sprouts

For each nori sheet: place the nori sheet on a cutting board, if you have a bamboo nori roller place it under the nori sheet, it will help to roll nicely. Spread some pistachio paste, put 2 leaves of butter lettuce, thin slices of celery and bell pepper, top with alfalfa sprouts. Start rolling while keeping the veggies tight in the nori sheet. Hydrate the edge of the nori sheet with water (that will help to stick).

Cut each nori roll into 4-8 equal pieces.

There is a lot of crunchiness and mouth watering flavor in this dish, just dip it in and enjoy!



Recipe by Chef Perunas



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