

Keto Veggie Sushi

Ingredients

- 1 package of seaweed wrappers
- 1 cup chopped cauliflower
- 1/2 of an avocado
- 1 oz cream cheese
- 1 cucumber
- 1/2 cup shredded carrots
- 1 tablespoon olive oil
- soy sauce (low sodium)

Instructions

1. Chop the cauliflower into pieces and blend in a food processor.
2. In a pan, heat the olive oil and add the cauliflower. Cook for 5-7 minutes until the rice is slightly brown.
3. Slice the avocado, cucumber and cream cheese.
4. Spread the cauliflower rice over the seaweed wrapper, leaving room at both ends.
5. Place the desired amount of avocado, cucumber, carrots and cream cheese on one end.
6. Slowly roll up the ingredients and slice into pieces with a sharp knife.

View the recipe video on YouTube here: <https://youtu.be/HrKru-3W4IY>