

## **The Perfect Summer Fresh Roll**

### **For The Roll**

- 4-6 rice paper wrappers
- 10 shitake mushrooms, cleaned & sliced thinly
- 1 tablespoon virgin coconut oil
- 1 medium sized sweet potato, quartered lengthwise, then sliced thinly
- 1 -2 cups of sprouts
- 1 avocado, thinly sliced

### **Green Goddess Dressing**

- 2 tablespoons tahini
- 1 avocado, pit removed
- 2 tablespoons freshly squeezed lemon juice
- 2 teaspoons apple cider vinegar
- 1 tablespoon olive oil
- handful of cilantro
- sea salt
- few grinds of black pepper

### **For The Roll**

Start by steaming the sweet potato - when thinly sliced this should take 5-8 minutes. Meanwhile, add the coconut oil to saute pan at medium heat, once melted add mushroom slices. Saute till browned (2-3 minutes), set aside. Rehydrate the rice paper wrappers one at a time by soaking them in a plate filled with warm water - should take about 30 seconds per sheet. Take the rehydrated rice sheet and place it on another plate. Add the sprouts, avocado, mushrooms, and sweet potato. Wrap it up by folding the sides in first. Drizzle the Green Goddess Dressing on top - I put it inside the wrap too!

### **Green Goddess Dressing**

Use a blender to blend all ingredients thoroughly until smooth.