

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.