

Avocado and Cucumber Rolls

INGREDIENTS

Rolls

- 2 large cucumbers**
- 1 medium carrot**
- 1 small zucchini**
- 1 medium rainbow bell pepper**
- 1 handful cilantro (optional)**
- 2 stalks green onion**

Avocado Spread

- 2 medium ripe avocados, skinned and pitted**
- 2 stalks green onion**
- ¼ cup raw hemp seeds**
- ¼ cup lemon juice**
- 1 handful fresh basil leaves**

1. Blend the avocado spread ingredients.
2. Thinly slice the cucumbers with a mandoline or knife into long, flat strips, then slice the rest of the vegetables.
3. Spread some avocado mixture on each cucumber slice; don't spread too thickly or it will run out the sides when rolled.
4. On one end of each strip, place the carrot, zucchini, pepper, sprigs of cilantro (if using) and green onion, then roll up and secure with a toothpick.

Yields: 5-20 rolls

Source: FullyRawKristina