

Smoked Salmon Sushi Rolls

These grain-free, heart-healthy sushi rolls are rich in minerals like magnesium and anti-inflammatory omega-3s to support cardiovascular health. With an innovative twist, this recipe replaces traditional white rice with fibre-rich cauliflower rice, enhancing both taste and nutritional value.

For an extra boost, consider incorporating **CanPrev's K2 Drops** in this recipe to help prevent calcium buildup in arteries. Additionally, including **L-Taurine** powder promotes optimal heart muscle function, effectively regulating blood pressure and mitigating the risk of cardiovascular disease.



Preparation time: 30 mins | Servings: 10



Ingredients

- 75g smoked salmon
- 2 nori sheets
- 1 cup cauliflower rice
- 1 mini cucumber, peeled and thinly sliced
- ¼ tsp everything bagel seasoning
- ¼ tsp stevia extract
- 2 tbsp gluten-free tamari, for dipping
- 4 drops Vitamin K2
- 2 scoops L-Taurine powder

Method

1. In a pan, dry fry cauliflower rice over medium heat until moisture is removed. Set aside in the fridge to cool.
2. Arrange nori sheets side by side on parchment paper.
3. Add stevia to the cooled cauliflower rice, along with the K2 drops and L-Taurine powder. Mix to combine.
4. Divide the cauliflower rice between the two nori sheets.
5. Place the sliced cucumber 1 inch away from the bottom edge on each sheet. Divide the smoked salmon and place half on each sheet, overlapping the cucumber slightly.
6. Sprinkle with everything bagel seasoning.
7. Slowly begin rolling one sheet at a time, allowing the moisture of the filling to make the roll adhere.
8. With a serrated knife, slice each roll into 5-6 pieces.
9. Enjoy with tamari right away or chill until ready to enjoy.

Storage Instructions: Store in an airtight container in the refrigerator for up to 2 days.

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Developed by: Joyce Baddour



Joyce is a health enthusiast and recipe creator on a mission to empower individuals to transform their health with delicious and nourishing blood sugar-friendly recipes.

