

*Makes 6 Cones*

## INGREDIENTS

1 cup (250ml) **Eatmore Sprouts Broccoli Sprouts** (approx. 1 package)  
1 cup (250ml) short grain rice  
2 tbsp. (30ml) white wine vinegar  
2 tbsp. (30ml) rice vinegar  
2 tbsp. (30ml) sugar  
½ tsp. (25ml) salt  
6 sheets nori, cut in half  
1 cucumber, julienned  
1 carrot, peeled and julienned  
2 avocados, pitted and sliced thinly

## Sprouted Eatmore Cone

vegetarian

gluten free

nut free

- Rinse rice under cold water 3 times until the water runs clear.
- Drain and allow to dry 10 minutes.
- In a pot, combine rice and 1 cup (250ml) cold water.
- Bring to a boil over high heat. Cover and cook on medium for 10 minutes.
- Reduce to low and cook for 10 minutes.
- Remove rice from heat and rest covered for 15 minutes.
- In a small saucepan, combine the vinegars, sugar and salt, cooking until sugar and salt dissolve.
- In a large bowl, sprinkle sugar mixture over rice, gently folding through the rice.
- Cover half of the nori with rice.
- Place **Broccoli Sprouts** and vegetables in the middle, on a diagonal to the nori.
- Roll the corner closest to you over top of the vegetables and keep rolling until a cone shape is formed.
- To secure the nori use a small dab of wasabi on the seam.

Eatmore Sprouts & Greens can be found in the produce section of your local grocery store or at [www.eatmoresprouts.com](http://www.eatmoresprouts.com)

