

# How to Make Vegan Nori Wraps

With Rachel

[Music Playing]

Hi, welcome to Down to earth...

My name is Rachel...

Today we're going to make Nori wraps...

With a delicious sunflower seed pate...

It's a really amazing raw vegan meal that I love making for my friends...

Because it's both really easy...

And incredibly impressive and beautiful...

First thing we're going to make is our pate...

We're going to add the sunflower seeds in...

Add our lemon juice...

Our raw garlic...

Just going to add half of the Tamari...

Because I want to make sure it's not too salty...

So I like to add half now...

And taste it... And maybe add some more later...

And just a little pinch of cayenne pepper...

Ok, let's blend it up...

[Blending sound]

Yeah... This is looking good...

So I'm just going to taste it for saltiness...

And I'll add the rest of my Tamari...

And blend again...

So let's put this into our bowl here...

Ok, let's start with our nut pate...

This is a piece of raw Nori...

And our delicious nut pate here....

You can put anything you want in here...

Fresh herbs are great...

Spinach, Romaine...

Any kind of vegetables...

Try not to make your roll too big...

Because it will be difficult to roll up...

And it won't look as good...

Now this end... We're going to seal it up like this with a little water...

When we let the Nori rest on it...

It's just going to fuse...

Then if we give it a couple of minutes and a nice sharp knife...

And a dry board...

Let's cut this into little rounds...

Now look how pretty that is...

Alrighty, so here's our finished Nori wraps meal...

If you'd like to learn more recipes...

Please feel free to check out our website...

It's [DowntoEarth.org](http://DowntoEarth.org)...

And thanks for joining us today...

Bye bye...

[Music Playing]