

Cabbage Roll Ups

Ingredients:

1 large cabbage leaf
½ avocado, mashed with fork
1 tsp lemon juice
1 tsp liquid aminos, Braggs (or light soy sauce)
Pepper to taste
½ cup assorted bean sprouts
½ red pepper, sliced

Directions:

1. Soften the cabbage leaf by dipping in into hot water until soft.
2. Mash the avocado with a fork and add the sprouts, lemon juice, liquid aminos and pepper to taste.
3. Place mixture on a cabbage leaf and top with sprouts and red peppers.
4. Roll up and enjoy!

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