



2495 Caring Way, Suite C
Port Charlotte, Florida 33952
doctordulaney.com

Jaimela J. Dulaney, M.D., PA

Our Heart "Beets" Plant Strong

Jami Dulaney, M.D.

Office: 941-235-9231
Fax: 941-235-9236
info@doctordulaney.com

Broccoli Slaw Spring Roll

Ingredients:

- Broccoli slaw (shredded broccoli)
 - Carrots, shredded or cut into thin strips
 - Microgreens *optional
- (marinade)*
- 3 Tbsp raw hulled hemp hearts
 - 1 lemon, peeled
 - ½ lime, peeled
 - 2 pitted dates
 - 1 cup celery
 - 2 Tbsp dulce flakes
 - Red pepper to taste

*Rice paper or Nori sheets for "roll" option

Directions:

1. Vegetables can be shredded at home or purchased already in a slaw/shredded form.
2. For the marinade, put all ingredients (besides the veggies) in a high speed blender and blend until smooth.
3. In a large bowl, place desired quantity of shredded veggies and add marinade to liking (taste as you go). You have the option to prepare ahead of time and use as a true marinade setting the slaw aside in your fridge or use as a dressing right before you prep your rolls/slaw.
4. If you are just looking for a slaw type dish, you are done! If you would like to make spring rolls/nori wraps, lay your prepared rice paper sheet/nori wrap on a flat surface, filled with desired amount of slaw, wrap and enjoy!

**these would make for a fun lunch, veggies for on the go/road trip, appetizer or refreshing spring party hosting option.*