



Recipes

Sea Vegetables

Seaweed Salad

Prep Time: 5 minutes

Marinade Time: 30 minutes

Cooking Time: none

Yield: 4 servings

Ingredients:

- 1 ounce seaweed, combine 2-3 varieties
- 1 teaspoon agave syrup
- 2 tablespoons rice wine vinegar
- 1 teaspoon sesame oil
- 1 teaspoon sesame seeds

Directions:

1. Combine all ingredients in a bowl.
2. Marinate for at least 30 minutes before serving.