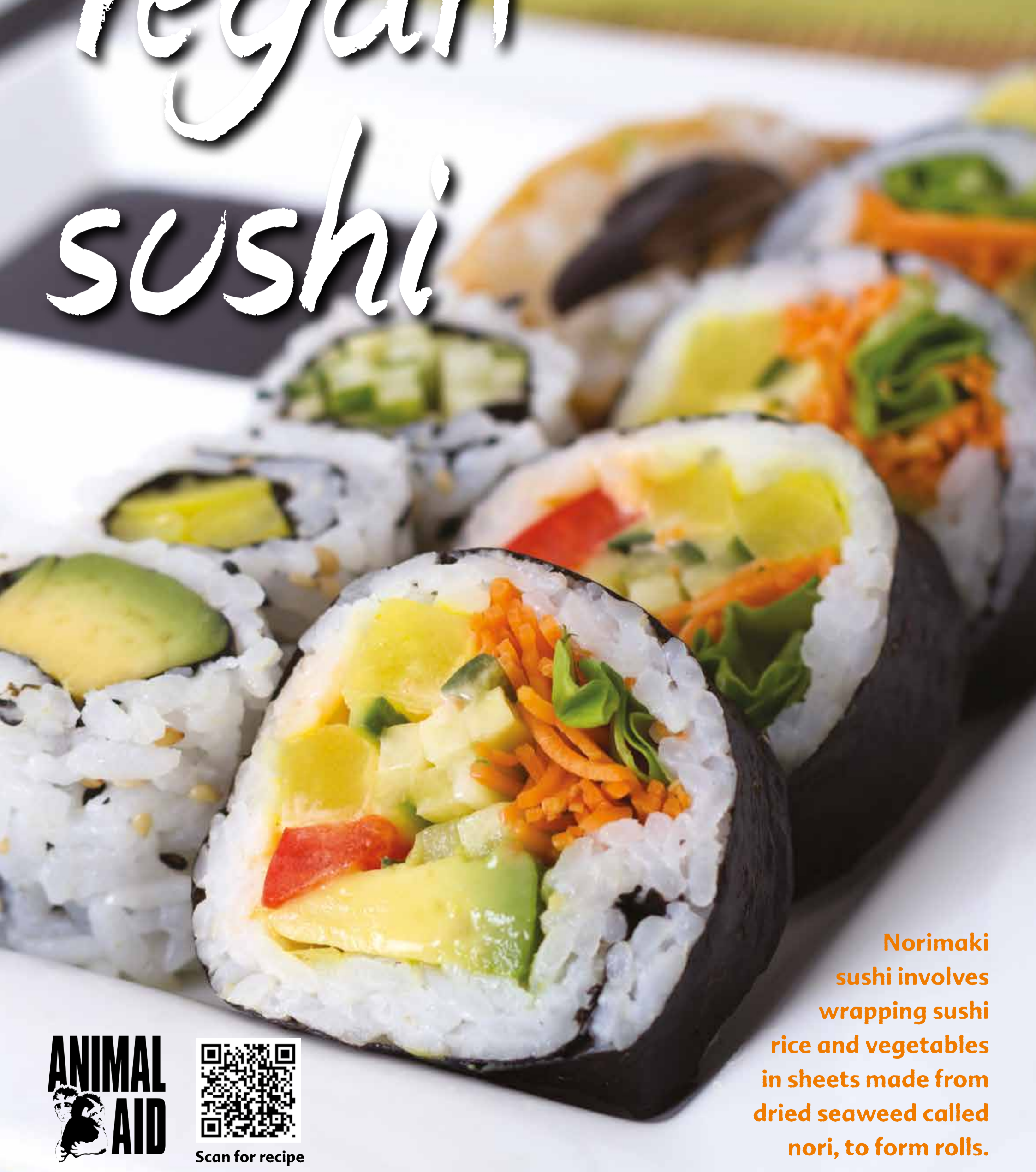


Source of IODINE

Vegan sushi

A delicious traditional Japanese dish made using seaweed which is rich in iodine and omega-3



Norimaki sushi involves wrapping sushi rice and vegetables in sheets made from dried seaweed called nori, to form rolls.



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