



# Kale Beet Cucumber Rolls

## Servings

6-8

## Calories

60

## Prep Time

10 minutes

## Total Time

30 minutes

## Skill Level

Easy

## Ingredients

1 large English cucumber

2 tablespoons whipped cream cheese

2 ounces smoked salmon

½ cup Mann's Kale Beet Blend



## The Method

Slice your cucumber along its length using a mandoline slicer on the thinnest setting. Gather the widest, longest, most uniform slices and cut them in half widthwise.

Spread a thin layer of cream cheese on one side of each slice. Starting at the end of one slice, add a piece of smoked salmon and a small fistful of Kale Beet Blend.

Using your fingers, gather the salmon and blend tightly against the cucumber and begin rolling upwards until a roll is formed. Make sure to place the seam face down so it doesn't fall apart.

Optional garnishes: sesame seeds, lemon juice/zest, coconut aminos.

### Nutrition Facts

Serving Size 101g | Servings: 6

### Amount Per Serving

Calories 60 | Total Fat 2.5g (sat fat 1g trans 0g) | Cholesterol 4mg | Sodium 30mg | Total Carbohydrate 4g | Dietary Fiber 2g | Sugars 2g | Protein 7g | Vitamin D 0% | Calcium 4% | Iron 6% | Potassium 10%