Ingredients
- 6 ounces smoked salmon, cut into skinny strips
- 4 ounces cream cheese, cut lengthwise into 1/2 inch thick strips
- 1 large carrot, cut into matchsticks
- 2 toasted nori sheets (seaweed)
- 1 medium ripe avocado, cut into slices
- white and black sesame seeds (optional)
- wasabi paste, soy sauce, and pickled ginger for serving (optional)

Directions
1. On a sushi mat (or a makeshift one) lay a square piece of plastic in the center and spoon about 3/4 cup of rice on top. Press rice down into an even layered square in the center then cut nori sheets in half and lay one half on top.
2. Now layer ingredients for sushi lengthwise in the center of nori and line up ends.
3. Gently gather the plastic corners and start to form into a roll. Wrap the mat around the sushi and use roll tightly around sushi to form a tight roll.
4. If desired, roll sushi in sesame seeds to coat the outside.
5. Cut into sushi pieces with a very sharp knife and serve immediately with soy, wasabi, and ginger, or refrigerate in a sealed container for up to 3 days until ready to serve.