

INGREDIENTS

- 9 Spring Roll Rice Paper Wrappers
- 1 Large Carrot, peeled and thin sliced
- 1 Large Cucumber, thin sliced
- ½ Red Bell Pepper, thin sliced
- ½ cup Purple Cabbage, chopped
- 5 Large Green Lettuce Leaves (Butter, Romaine, etc)

DIRECTIONS

1. Prepare all vegetables. Cut carrots, cucumber, purple cabbage, and red pepper into thin slices.
2. Prepare dipping sauce as desired.
3. Pour warm water into a large bowl or round baking pan. Using one at a time, dip the rice paper wrapper into the warm water for 15-20 seconds until soft but slightly firm. Immediately remove from the water and place flat onto a work surface.
4. Place a few sticks of carrot, cucumber, red pepper, cabbage, and herbs on bottom 1/3 of rice paper. Leave enough space to be able to pull rice paper over vegetables.
5. Lay once lettuce leaf on top of the vegetables. If you have a protein, place on top of lettuce.
6. Roll everything up tightly. Roll and use your hands to tuck the filling in as you go like a burrito. Once completed, dip, eat and enjoy!

Sauce Ideas:

Peanut Sauce: ½ cup PB, ¼ cup Rice Vinegar, 1/3 cup soy Sauce, 3 tbsp Honey, 1 ½ tsp Ground Ginger, 1-2 cloves of Garlic, ¼ tsp Red Pepper Flakes, 2-4 tsp Water.

Lemon Soy Sauce: 2 tbsp Soy Sauce, 1 tbsp Lemon Juice, 1 tsp Sesame, 1 tbsp Brown Sugar, 1 tsp Sriracha or Hot Sauce.



No Bake Spring Rolls

Dairy-Free | Gluten Free | Vegetarian | Vegan

Yield:
3 Servings

Prep Time:
20 Min

Cook Time:
0 Min