

HOW TO MAKE SPRING ROLLS

If you've ever wondered how to make spring rolls, the good news is it's super easy. Just follow these easy steps and you'll be in spring roll heaven in no time:

1. First, you need to get the [rice paper](#) flexible for wrapping the spring rolls so dip one in warm water for about 3-4 seconds or hold under running water, until the paper becomes fully moistened with water.
2. Then, lay the wrapper onto your work surface which should be clean and flat.
3. Near the bottom of the spring roll in the center, lay out the veggies, protein, or fruit. If you want something to be visible on the outside of the spring roll (like sliced strawberries or shrimp lined up in a row, this should be the last ingredient for the filling.
4. Fold the bottom of the spring roll over the end of the filling, then fold the uncovered sides inward, then tightly roll the wrapper all the way. The idea is to get it as tightly wrapped as possible.

TIP: Make sure to have all your ingredients cut and prepped BEFORE getting the spring roll wrapper wet. The longer the wrapper sits, the more flexible it gets and you want it to be sitting for just 30-60 seconds before you start to roll it up or it will get sticky and more difficult to roll.

RAINBOW SPRING ROLLS

For the Rainbow Spring Rolls:

- 6 [rice spring roll papers](#)
- 1 red pepper, thinly sliced
- 2 carrots, thinly sliced
- 1 yellow bell pepper, thinly sliced
- 1 large bunch mint leaves
- 1 large bunch cilantro
- ¼ red cabbage, thinly sliced

For the Ginger Peanut Dipping Sauce:

- 1/2 cup peanut butter
- 1 1/2 tbsp low sodium soy sauce
- 1 tbsp raw honey
- 2 tbsp freshly squeezed lime juice
- 1/2 tsp chili paste
- 1 tsp fresh grated ginger

Instructions

For the Rainbow Spring Rolls:

1. To get [rice paper](#) flexible for wrapping our spring rolls, dip in warm water for about 3-4 seconds or hold under running water, until the

paper becomes fully moistened with water. Then, lay the wrapper onto your work surface which should be clean and flat.

2. Near the bottom of the spring roll in the center, lay out the red bell peppers, followed by thinly sliced carrots, yellow bell pepper, fresh mint and cilantro, and thinly sliced red cabbage.
3. Fold the bottom over the end of the veggies, then fold the uncovered sides inward, then tightly roll the wrapper all the way. The idea is to get it as tightly wrapped as possible. Then repeat with the remaining ingredients.

For the Ginger Peanut Dipping Sauce:



1. In a small bowl, combine the peanut butter, low sodium soy sauce, raw honey, freshly squeezed lime juice, chili paste, and fresh grated ginger.
2. Stir until smooth. You can soften the peanut butter by microwaving for 10-15 seconds, if needed.

SHRIMP SPRING ROLLS

Ingredients

For the Shrimp Spring Rolls:

- 6 [rice spring roll papers](#)
- 1 tbsp olive oil
- 12 oz shrimp, deveined
- 1/2 tsp sea salt
- 1/4 tsp ground black pepper
- 1 cucumber, thinly sliced
- 3 carrots, thinly sliced
- 6 leaves green leaf lettuce
- 12 mint leaves

For the Spicy Almond Dipping Sauce:

- 2 tbsp almond butter
- 2 tsp hoisin sauce
- 1 tsp Sriracha sauce
- 1 tsp rice wine vinegar

Instructions

For the Shrimp Spring Rolls:

1. Cook the shrimp in olive oil over medium-high heat and season with sea salt and ground black pepper. Once fully cooked and no longer transparent, remove from heat and allow to cool.
2. Dip one sheet of rice paper in warm water for about 3-4 seconds or hold under running water, until the paper becomes fully moistened with water. Then, lay the wrapper onto your work surface which should be clean and flat.
3. Near the bottom of the spring roll in the center, lay out the cucumber, carrots, green leaf lettuce, fresh mint leaves, and cooked shrimp. Line the shrimp in a row.
4. Fold the bottom over the end of the veggies and shrimp, then fold the uncovered sides inward, then tightly roll the wrapper all the way, as tightly wrapped as possible. Then repeat with the remaining ingredients.

For the Spicy Almond Dipping Sauce:

1. In a small mixing bowl, combine the almond butter, hoisin sauce, Sriracha, and rice wine vinegar.
2. Stir until smooth. You can soften the almond butter by microwaving for 10-15 seconds, if needed.

CHICKEN SPRING ROLLS

Ingredients

For the Garlic Chicken Spring Rolls:

- 1 tbsp olive oil
- 1 lb boneless, skinless chicken
- 1/2 tsp sea salt
- 1/4 tsp ground black pepper
- 1/8 tsp garlic powder
- 1 cup cooked quinoa (optional)
- 1 cucumber, thinly sliced
- 6 leaves fresh iceberg lettuce
- 6 [rice spring roll papers](#)

For the Avocado Cilantro Dipping Sauce:

- 1 avocado, pitted and peeled
- 1/2 cup plain greek yogurt
- 1 cup unsweetened almond milk
- 1 cilantro bunch
- 1/2 tsp garlic powder
- 1/2 tsp sea salt
- 1 tbsp lime juice

Instructions

For the Garlic Chicken Spring Rolls:

1. Cook the chicken in olive oil over medium-high heat and season with sea salt, ground black pepper, and garlic powder. Once fully cooked, remove from heat, allow to cool, and dice.
2. Dip one sheet of rice paper in warm water for about 3-4 seconds or hold under running water, until the paper becomes fully moistened with water. Then, lay the wrapper onto your work surface which should be clean and flat.
3. Near the bottom of your prepped spring roll wrapper and in the center, lay out the cucumber, iceberg lettuce, and diced chicken (and optional quinoa).
4. Fold the bottom over the chicken, then fold the uncovered sides inward, then tightly roll the wrapper all the way, as tightly wrapped as possible. Then repeat with the remaining ingredients.

For the Avocado Cilantro Dipping Sauce:

1. In a [food processor](#) or [blender](#), combine avocado, greek yogurt, almond milk, cilantro, garlic powder, sea salt, and freshly squeezed lime juice.
2. Blend together until smooth. You can add a little more almond milk if it's too thick.

SEASAME AVOCADO ROLLS

Ingredients

For the Sesame Avocado and Cabbage Spring Rolls:

- 6 [rice spring roll papers](#)
- 1/4 head red cabbage, thinly sliced
- 1 bunch mint leaves
- 2 tbsp white sesame seeds
- 2 tbsp black sesame seeds
- 1 avocado, sliced

For the Honey Miso Sesame Sauce:

- 2 tbsp white or red miso paste
- 1 tbsp water
- 1 tsp raw honey
- 1 tbsp rice wine vinegar
- 1 tsp low sodium soy sauce
- 1/2 tsp sesame oil

Instructions

1. In a small [mixing bowl](#), combine white sesame seeds with black sesame seeds and stir together. Dip the sliced avocado into the sesame seeds to coat.
2. Dip one sheet of rice paper in warm water for about 3-4 seconds or hold under running water, until the paper becomes fully moistened with water. Then, lay the wrapper onto your work surface which should be clean and flat.
3. Near the bottom of the spring roll in the center, lay out the sliced red cabbage, fresh mint leaves, and the sesame coated avocado slices
4. Fold the bottom over the avocado, then fold the uncovered sides inward, then tightly roll the wrapper all the way, as tightly wrapped as possible. Then repeat with the remaining ingredients.

For the Honey Miso Sesame Dipping Sauce:

1. In a [small bowl](#), combine the miso paste (it can be white or red), water, raw honey, rice wine vinegar, low sodium soy sauce, and sesame oil.
2. Stir until fully incorporated.