



Spring Rolls with Creamy Peanut Sauce

Yield: About 14 Rolls

Ingredients:

- Rice paper wraps
- 1 cup shredded carrots
- 1 cup shredded zucchini or yellow squash
- 1 cucumber, peeled and julienned or cut into thin strips
- 1 bell pepper, seeded and julienned or cut into thin strips
- Any of the following also work well in the rolls: sprouts, pea shoots, spinach, purple cabbage (shredded), avocado
- fresh herbs: basil or mint

Directions:

1. Fill a shallow pan or dish with warm water. Soak one rice paper wrap for about 10 seconds. Drain wrap and lay out your wrap on a large plate or board. The wrap will be soft and fragile so be careful not to tear it.
2. Add a few of each vegetable on the top of the wrap. Fold corners in and roll it up (like a burrito), tucking in the corners. Repeat until all the vegetables are used.
3. Cut roll in half and serve with dipping sauce.

Tips:

- *The rolls are best served right away or stored in an air tight container in the refrigerator. If storing for later, the rolls will stick together, so have some space between them or individually wrap them.
- *These can be a little time consuming to make, so grab some family helpers to help assemble the wraps together!
- *Get creative with different vegetables in your wraps



Creamy Peanut Sauce

Yield: 1-1/2 cups

Ingredients:

- 2 cloves garlic
- 1 tbsp. fresh, minced ginger
- 1 tbsp. honey or maple syrup
- $\frac{1}{2}$ cup peanut butter
- 3 tbsp soy sauce
- 2 tbsp. rice wine vinegar
- 1 tbsp. sesame tahini
- 1 tbsp. sesame oil
- 1 pinch of crushed red pepper flakes
- $\frac{1}{4}$ cup hot water

Directions:

1. Add all ingredients to a blender and blend until smooth and creamy.
2. Add more water for desired thickness of sauce.