

Spring Rolls

Serves 12

Ingredients

FILLING

- ½ Head of **Lettuce julienne**
- 2 **shredded Carrots**
- 1 cup **shredded Cabbage**
- 3 **Avocados thinly sliced**
- 2 small **julienne Cucumbers**
- 1 **julienne Bell Pepper**
- Fresh Cilantro
- Fresh Mint

NUTTY SAUCE

- ⅓ cup **Nut Butter** (any you prefer)
- 1 tbsp **Liquid Aminos**
- 1 tbsp **Honey**
- Juice from ½ **Lime**
- ½ tsp **Chili Sauce** (or red pepper flakes) (optional)
- 1 tsp **Sesame Oil**
- Hot Water (to thin)

WRAPPING

- 12 Rice Papers
- Warm Water to Soften

Instructions

FILLING

1. Prepare **Lettuce, Carrots, Cabbage, Avocados, Cucumbers, Bell Peppers** as described.
2. Separate the **Cilantro and Mint Leaves** from their stems.

SAUCE

1. Prepare the **Nutty Sauce** by adding all sauce ingredients except water to a small mixing bowl and whisk to combine.
2. Add enough hot water to thin until a pourable sauce is achieved.
3. Adjust flavors as needed.

WRAPPING

1. To assemble the **Spring Rolls**, pour **warm water** into a shallow dish or skillet and immerse **Rice Paper** to soften for about 10-15 seconds.
2. Transfer to a damp cutting board or damp towel and gently spread out edges into a circle.
3. Layer a few of each item of the **Filling** to the bottom third of the **Rice Paper**. Gently fold over once, tuck in edges, and continue rolling until seam is sealed.

4. Place seam-side down on a serving platter and cover with a damp warm towel to keep fresh.
5. Repeat until all fillings are used up

SERVING

1. Place your **Spring Rolls** with your **Nutty Sauce**

SERVE & ENJOY! 😊

Recipe made for *Feel Better Eating* with love from *Feel Better Living*

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