



Mango Veggie Spring Rolls with Almond Butter Dip

3 servings

30 minutes

Ingredients

80 grams Almond Butter
1 Lemon (juiced)
1 tbsp Tamari
1 Garlic (clove, minced)
1 tsp Ginger (grated)
1 tsp Cayenne Pepper
1 tsp Sea Salt
60 milliliters Water
1 Avocado (peeled and sliced into strips)
1/2 Cucumber (sliced into strips)
1 Mango (peeled and sliced into strips)
30 grams Baby Spinach (chopped)
85 grams Coleslaw Mix
8 Rice Paper Wraps

Directions

- 1 Create your almond dipping sauce by combining almond butter, lemon juice, tamari, garlic, ginger, cayenne, sea salt and water together in a blender or food processor. Pulse until smooth. Depending on the original consistency of the almond butter you are using, you may need to add an additional 1 or 2 tbsp of warm water to reach a creamier consistency. Pour into a bowl and set aside.
- 2 Ensure you have all your veggies and mango prepped for easy assembly. Add hot water to a shallow skillet. Place a rice paper wrap in the water to soften (about 10 seconds). Do not submerge for too long or the rice paper wrap will become too difficult to work with. Transfer to a clean surface. Add avocado, cucumber, mango, spinach and coleslaw mix to one side of the rice wrap. Fold the bottom over the filling and then the top. Now roll the rice paper until completely wrapped. Transfer to a plate. Repeat this process until all ingredients are used up.
- 3 Serve with a side of almond butter dip. Enjoy!

Notes

More Protein: Add quinoa before wrapping.

Keep it Fresh: Store in the fridge in an airtight container for up to 2 days (but these are best served fresh).

No Mango: Use pineapple instead.

No Rice Wraps: Use nori sheets, brown rice tortillas or collard green wraps instead

Serving Size: One serving is roughly 2 to 3 rolls.