

A Wellness Minute Recipe

soy-free | sugar-free | gluten-free Thai Spring Rolls & Dipping Sauce



INGREDIENTS

DIPPING SAUCE

- 4 tablespoons coconut aminos
- 1 tablespoon rice wine vinegar
- 1 teaspoon sesame oil
- 1 teaspoon ginger (grated)
- 1 teaspoon shallots (chopped)
- 2 tablespoons almond butter
(organic, unsalted, no added sugar)
- 2 teaspoons coconut flour
- *Optional - hot chili oil
(for a little bit of heat)

FRESH SPRING ROLLS

- Large rice paper wrappers
- Fresh, organic, washed vegetables of your choice (collard greens, cucumber, carrots, red cabbage, etc.)
- Fresh herbs (basil, mint, etc.)
- Avocado
- *Optional - vermicelli rice noodles

DIRECTIONS

DIPPING SAUCE

1. Whisk together coconut aminos, rice wine vinegar, sesame oil, grated ginger, and shallots.
2. Add almond butter. Whisk to combine.
3. Add coconut flour. Whisk together until sauce thickens.

FRESH SPRING ROLLS

1. Soften rice paper wrapper with room temperature tap water.
2. Place vegetables, herbs, and other ingredients of choice on softened rice paper wrapper.
3. Fold the sides of the rice paper wrapper over ingredients and roll in really tight. Once rolled may be sliced in half.