

Recipe Name: Healthy Spring Rolls

Serves: 4

From: April + CJ Cook Time: all in 1.5 hrs

Ingredients

- (1 box) • Spring roll wrapper
- (1 bag) • Rice sticks - Vermicelli
- (Two) • Avocado
- (Eight) • Eggs
- (Four) • Bell peppers - all the colors!
- Cilantro
- Shrimp OR imitation Crab meat (Asian kind) - 1 bag

Sauce

- Soy sauce
- Peanut butter or any nut butter
- Honey
- Chili oil / peppers / cayenne if you like spice

Notes → use any veggies and place as much as you want in your spring rolls. Just don't make them too fat or it'll explode

Notes: When rolling!! Enjoy!

And start rolling up. Does this make sense? If not, call me. Roll, roll, roll and you have a spring roll!

Sauce Directions → (eye ball) Two tablespoons of peanut butter placed into a cup. Throw some soy sauce into that cup. With mixing, you should have a thick / creamy consistency. Add honey to taste + chili oil / peppers as well.

→ If these directions don't

make sense, call me + we can video chat. Also I obs. got what

Direction

- (1) Scramble eggs + cook in a large pan to create a thin omelette until both sides are cooked.
- (2) Cut eggs into 2 in., 1/2 in. wide strips
- (3) Cut all bell peppers and avocado in similar sizes
- (4) remove cilantro from stem
- (5) If using shrimp, cook shrimp and rice sticks as well
- (6) Once all the prep work is lined up, take a single spring roll wrapper and submerge under warm water in a large bowl. Rice paper will soften + when it does, pull out + place spring roll paper flat on a flat surface. You may want to wet the surface so the paper doesn't stick.
- (7) Then place all of your yummy ingredients in the middle. They should be piled on top of one another / 2 in. long.
- (8) Fold in the left side of the paper into the right + vice versa (like a burrito! Then fold up the bottom