

Veggie Fresh Roll Recipe

Yield: 12 spring rolls

Ingredients

- 3 green onions, diced
- 1/4 head of small cabbage, shredded
- 1 small bunch cilantro leaves, stems removed
- 1 small bunch mint leaves, stems removed
- 2 carrots, grated
- 1 package small rice papers
- 1/4 head of lettuce, leaves separated



Instructions for Adults

Assist students with soaking rice paper and laying it on a flat dry surface. Assist students with rolling the rice paper with veggies.

Instructions for Kids

- Chop green onions and cabbage, tear cilantro and mint, and grate carrots. Set aside.
- Fill the bottom of a rimmed plate with lukewarm water. Soak 1 sheet of rice paper in the water for 3-5 seconds, then remove promptly and lay on a flat, dry surface. Do not over-soak.
- Place half a lettuce leaf on the flat rice paper. Add 2-4 mint leaves, 2 sprigs of cilantro, 1 teaspoon each of green onion, carrot, and cabbage. Fold according to the instructions on the rice paper package or follow along with our online video. Set aside on a clean, dry plate.
- Repeat until all 12 spring rolls have been rolled. Serve with our Soy Dipping Sauce or Sunbutter Dipping Sauce!

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Sunbutter Dipping Sauce

Yield: 1/2 cup sauce



Ingredients

1/2 cup sunflower seed butter
2 Tablespoons hoisin sauce
1 teaspoon rice vinegar
1 teaspoon soy sauce
2 Tablespoons lime juice
1 Tablespoon chili garlic sauce
1/2 Tablespoon brown sugar
Water to thin

Instructions for Adults

Assist when needed.

Instructions for Kids

- In a small mixing bowl or jar with lid, measure and add ingredients together. Stir, or whisk if mixing in a bowl. Shake with the lid closed tightly if using a jar. Mix until ingredients are combined.
- Add water 1 Tablespoon at a time and mix until the desired thickness is reached. The sauce should be thin enough for dipping. Serve with Veggie Fresh Rolls or sliced veggies!

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Soy Dipping Sauce

Yield: 2 cups sauce



Ingredients

4 teaspoon soy sauce
1 cup rice vinegar
1 cup water
4 teaspoon sugar

Optional additions:

1 clove of crushed garlic
2 teaspoons finely minced ginger
Juice of 1/4 lemon
Pinch of lemon zest

Instructions for Adults

Assist when needed.

Instructions for Kids

- In a small mixing bowl or jar with lid, measure and add ingredients together. Stir, or whisk if mixing in a bowl. Shake with the lid closed tightly if using a jar. Mix until ingredients are combined.
- Add items from "optional additions" as desired. Serve with Veggie Fresh Rolls or sliced veggies.

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