



Mango Veggie Rolls with Almond Butter Dip

3 servings

30 minutes

Ingredients

- 1/3 cup Almond Butter
- 1 Lemon (juiced)
- 1 tbsp Tamari
- 1 Garlic (clove, minced)
- 1 1/2 tsps Ginger (grated)
- 1/8 tsp Cayenne Pepper
- 1/8 tsp Sea Salt
- 1/4 cup Water
- 1 Avocado (peeled and sliced into strips)
- 1/2 Cucumber (sliced into strips)
- 1 Mango (peeled and sliced into strips)
- 1 cup Baby Spinach (chopped)
- 1 cup Coleslaw Mix
- 8 Rice Paper Wraps

Nutrition

Amount per serving	
Fat	26g
Fiber	11g
Sugar	20g
Protein	10g
Sodium	501mg
Vitamin A	3332IU
Vitamin C	70mg
Calcium	154mg
Vitamin D	0IU
Vitamin B12	0µg

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, shrimp, or even some chickpeas 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.