

1. Thai Fresh Spring Rolls, serves 6

Though spring rolls are fun to wrap and look impressive, they bare surprisingly easy to make.

INGREDIENTS

- 1 cup rice noodles, cooked
- 2 cucumbers (12 sticks)
- 2 carrots (12 sticks)
- 1 cup mung bean sprouts
- 1 avocado, sliced into 12 even pieces
- ¼ romaine lettuce head, 12 pieces
- ¼ cup spearmint, fresh, coarsely chopped
- ¼ cup cilantro, fresh
- 12 spring roll wrappers

DIRECTIONS

2. Prepare noodles according to package directions.
3. Place the noodles, cucumber, carrot, bean sprouts, avocado, lettuce, basil, mint, and cilantro on individual plates around your work surface.
4. Fill a wide, shallow bowl with warm water. Place one spring roll wrapper in the bowl and let it soak until limp, about 4 seconds. Lay the wrapper down flat. In the upper center section of the wrapper, place 1 piece of lettuce. Leave 1 inch at the bottom of the wrapper uncovered; no need to leave any space at the top. In a compact vertical line, arrange 1 piece each of carrot, cucumber, and avocado; add a generous 1 tablespoon each of bean sprouts and noodles; and finish with 1 teaspoon of basil, mint and cilantro. Fold the bottom edge of the wrapper on top of the filling. Then tightly (but gently) pull the left edge of the wrapper over the filling and the folded bottom edge. It may be helpful to put pressure on the filling with your fingertips to make it as compact as possible while rolling. Pull and roll the left side over the right side of the wrapper, keeping the filling as compact as possible. Press the edges of the wrapper together to close. You have the top of the spring roll open, and tightly wrapped bottom and sides. Repeat until all 12 spring rolls are assembled.
5. Serve with peanut dipping sauce.

<https://www.meatlessmonday.com/recipes/thai-fresh-spring-rolls-peanut-dipping-sauce/>

Note: At the retreat, we used the peanut butter powder instead of Peanut Butter to reduce calories from fat.