Rock ‘n’ Spring Rolls
Use a rainbow of vegetables to make these tasty rolls pack a nutrient punch!

Ingredients

**Spring Rolls**
- 12 rice paper wrappers
- 6 ounces Maifun brown rice noodles
- 12 lettuce or spinach leaves
- 1 cup fresh herbs (basil, mint, cilantro)
- 3 tablespoons hoisin sauce
- 1 lime, juiced
- 3 cups julienned seasonal vegetables (carrots, cucumber, peppers, kohlrabi etc)
- 2 avocados, finely chopped
- 1 cup mung bean sprouts, optional

**Peanut Sauce**
- ¾ cup peanut butter
- 3 tablespoons low sodium soy or tamari
- 2 tablespoons cider or rice vinegar
- 1 tablespoon garlic, minced
- 1 tablespoon fresh ginger, grated
- ½ teaspoon salt
- 2 tablespoons brown sugar
- 1 ½ cups hot water

Directions

1. Cook rice noodles according to package directions and rinse in cold water.
2. Add hoisin sauce and lime juice to noodles, gently mix and set aside.
3. Gently dip rice wrappers in warm water then spread on flat surface.
4. Lay lettuce leaf, ¼ cup noodles, 2 fresh herb leaves, ¼ cup julienned vegetables, 1 tablespoon avocado and mung bean sprouts (if using) in rice wrapper.
5. Fold in top and bottom and roll tightly.
6. Repeat with remaining rice wrappers.
7. For peanut sauce, mix all ingredients and blend well using whisk, blender, immersion blender or food processor.