

Food Babe's Brown Rice Vegetable Spring Rolls



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	10 mins	20 mins	5

<https://foodbabe.com/brown-rice-vegetable-spring-rolls>

Ingredients:

- 6 brown rice spring roll wrappers
- 2 carrots, thinly sliced
- 1 fresh red pepper, thinly sliced
- 1 avocado, peeled and sliced
- 1 cup fresh mint

Dipping Sauce:

- ¼ cup rice wine vinegar
- ¼ cup thai fish sauce
- 2 tablespoons coconut sugar
- 1 tablespoon ginger root, minced
- 2 tablespoons fresh lime juice
- 1 teaspoon garlic clove, minced
- ¼ teaspoon red pepper flakes
- 2 tablespoons tamari soy sauce
- 2 scallions, chopped

Instructions:

1. Dip one brown rice wrapper into big bowl of warm water for at least 5 seconds.
2. Place wrapper on cutting board and add slices of carrot, red pepper, 4 mint leaves, and avocado.
3. Fold two opposite sides of wrapper first and then roll tightly.
4. Cut roll in half.
5. Repeat these steps to continue making more rolls.
6. To make sauce, combine all sauce ingredients in a bowl and stir.
7. Serve rolls with dipping sauce and enjoy!

Notes:

- Please use all organic ingredients if possible