

Food Babe's Mary Beth's Keeping it Fresh Spring Rolls



Prep Time:	Cook Time:	Total Time:	Serves:
15 mins	0 mins	15 mins	1

<https://foodbabe.com/surprise-spring-rolls-free-ice-cream>

Ingredients:

- 1 tablespoon ginger chili sauce
- ¼ avocado
- ¼ cup carrot, peeled
- 4 leaves fresh mint
- 1 handful spinach
- 1 pinch nama shoyu

Instructions:

1. Grate carrots.
2. Place all ingredients into the collard wrap, garnish with sesame seeds and roll it up.

Notes:

- Please buy all organic ingredients if possible