

Fruity Spring Rolls

Makes 10 spring rolls

Ingredients

- ½ mango fruit
- 1 medium apple
- 5 strawberries
- 1 kiwis
- 1 cup raspberries
- 10 rice paper wraps
- 1 handful of mint leaves

Sauce:

- ¼ cup honey or agave
- 1 lime
- 3 tbsp water, to thin out sauce, if needed

Directions:

- Slice mango and apple into long, thin strips.
- Slice strawberries and kiwi into thin round wedges.
- Prepare rice paper wraps by placing them in the bowl with hot water one by one for a few seconds.
- Immediately put soft paper on top of a flat surface and start filling them up with fruits of your choice. You can place strawberries, raspberries or kiwi on the bottom and top with apple or mango sticks. Sprinkle some mint leaves and roll tightly, like a burrito.
- Repeat for each spring roll.
- Juice and zest lime.
- Make the dressing measuring and whisking together honey and lime. Add lime zest. Add water, if needed.
- Dip spring rolls into sauce and enjoy!

How your little chef can help:

- Washing fruits
- Practicing slicing and chopping veggies using kid-safe knife, and practicing safe cutting techniques
- Dipping rice paper wraps into water with adult help
- Layering fruits on top of rice paper
- Rolling rice paper with adult help
- Tearing mint leaves
- Measuring ingredients
- Practicing whisking

Note: Make sure oven and sharp objects in the kitchen are always handled by the adult.

