

## Summer Rolls and Peanut Sauce



While they may be enjoyed year round during any season, these cool refreshing rolls are the perfect meal for hot summer days.

Just about any combination of vegetables may be used. Some commonly used ingredients for the filling include bell pepper, cucumber, carrot, beets, cabbage, avocado, mung beans, spring onion, cilantro, mint, and basil.

You can also make sweet dessert rolls by using fresh fruit instead of vegetables, and create a chocolate sauce by using equal parts cocoa powder and maple syrup!

### Peanut Sauce:

½ cup peanut butter  
2-3 Tablespoons soy sauce\*  
3 Tablespoons lime juice\*\*  
2 Tablespoons maple syrup  
¼ cup water  
1 Tablespoon fresh ginger minced  
2-3 cloves garlic minced

\*Liquid Aminos or tamari may be used instead of soy sauce

\*\*Rice vinegar may be used instead of limes

### Summer Rolls:

Rice paper wrappers  
Vegetables of choice, thinly sliced  
Vermicelli Noodles (optional)  
Tofu/Tempeh (optional)

1. Combine all peanut sauce ingredients in a bowl and whisk together. Set aside.
2. Cook vermicelli noodles according to package instructions. Drain and rinse with cold water.
3. Gather all topping ingredients together, including chopped veggies and herbs.
4. Add about 1 inch of warm water to a large, deep dish, or pie pan. Place one rice wrapper into the water and let soak for just 10-15 seconds. It should still feel pretty soft as you remove it and lay it on your counter or plate. (If you let it soak for too long it will get too soft and will tear when you roll it up.)
5. Layer 1-2 slices of each veggie, tofu/tempeh, a few leaves of each herb and a pinch of noodles on the 1/3 of the spring roll that is closest to you.
6. Fold the sides of the spring roll in over the ingredients. Then pull the side closest to you up and over the ingredients, sealing everything together tightly, and rolling it up like a burrito.