



a better world begins on your plate

**plant-based
eating**
ANIMAL PROTECTION
OF NEW MEXICO

Fruity Summer Rolls w/ Chocolate Sauce



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

Just about any combination of fruits may be used. Some commonly used ingredients for the filling include strawberries, blueberries, bananas, apples, raspberries, mangoes, and peaches. Try using whatever fruits you have on hand and get creative!

Chocolate Sauce:

½ cup unsweetened cocoa powder

½ cup maple syrup

¼ cup plant-based milk

2 Tablespoons peanut butter*

*Peanut butter is optional. If not using peanut butter you can use less milk or omit the milk and just use equal parts cocoa powder and maple syrup. You can also use a different nut butter of your choice such as almond or cashew.

Summer Rolls:

Rice paper wrappers

Fresh fruit of choice, thinly sliced

1. Combine all chocolate sauce ingredients in a bowl and whisk together. Set aside.

3. Chop all fruits into thin slices. (Smaller fruits such as blueberries may be added to the rolls without being chopped)

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 fruit on the 1/3 of the rice paper that is closest to you. Add a drizzle of the chocolate sauce over the fruit.

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.