



Easy Vegan Spring Rolls with Spicy Sunbutter Sauce

These kid-friendly, low-allergen veggie rolls are great as an appetizer, served whole or in halves, or as a lunchtime side or after-school snack. Making the “peanut” dipping sauce with sunflower seed butter makes this version school-friendly, too! The usual rice vermicelli noodles are swapped out here for superfood sprouts, giving crunch and nutrition to this recipe. I don’t often use meat analogs, but I made my rolls with Sophie’s Kitchen Vegan Seafood prawns, a soy-free option made with konjac root. Kids will love choosing what to put in their rolls, helping to soften the rice paper, and then rolling everything up – not to mention the fun of dipping!

Ingredients:

Rolls:

- 4 to 6 sheets round rice paper (available in the ethnic sections of some grocery stores, as well as Asian markets)
- 6 to 8 good-sized fresh mint leaves
- $\frac{3}{4}$ to 1 ripe avocado, thinly sliced
- 4 to 6 thawed vegan prawns, sliced (available in the frozen section at some health food stores)
- $\frac{1}{3}$ to $\frac{1}{2}$ of 125g-container organic sprouts (try broccoli sprouts, pea shoots, clover, alfalfa, etc.)

Sauce:

- 2 Tbsp. organic coconut aminos (coconut-based soy sauce alternative)
- 2 Tbsp. Sunbutter sunflower seed butter (crunchy or smooth, to preference – I like crunchy!)
- $\frac{1}{2}$ tsp. organic chili powder

Directions:

Thaw the prawns overnight in the fridge. They will be easier to separate, with no need to heat.

Slice the avocado and prawns. If the mint leaves are quite large, they can be cut in half or chopped as desired. Separate each ingredient evenly into per-roll individual piles to make assembly of each roll easier (this can be helpful if making these with kids).

Soften the rice paper sheets as package directs. Place each softened sheet flat on a plate, sheet of parchment paper, or even a clean countertop (it will be sticky – be sure that edges can still be easily accessed).*

To roll up your fillings in the rice paper, arrange the fillings in a line slightly off-centre on the sheet of rice paper. Fold the edges at the ends of the filling line over those ends, then take the shorter side and

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fold it over the filling. Push the filling in a little as you continue rolling in this direction over the longer side until the roll is wrapped. Set aside.

To make the sauce, combine the sauce ingredients with a fork in a small bowl, or whiz through a mini-food processor, until blended to desired consistency. If you like it thinner, add more coconut aminos or water; thicker, add more Sunbutter.

Serve, dipping rolls in sauce to taste. Makes 4-6 whole rolls.

*If making this recipe with kids, each can have their own plate for preparing their roll. Do not place softened sheets on top of each other as they will stick. If making these on your own, prepare one sheet at a time, make a roll, then do the next sheet.

Try mixing and matching these fillings with some of the following: mushrooms, chopped leafy greens, shredded carrot, shredded cabbage, julienned peppers, cooked rice or noodles, basil leaves, cilantro, marinated tofu or tempeh, chopped cashews or peanuts... the possibilities really are endless!

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