

# Collard Wrap Spring Rolls

Easy to make and perfect for taking on the go.

## Categories

Gluten-free

Yields: 8 servings

Preparation time: 30 mins

Cooking time: 0 mins

Category: Side dishes and appetizers

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Raw

## Ingredients

Carrots, raw	1 medium - 6" to 7" long
Beets, raw	1 each - 2" diameter
Red bell peppers, raw	1 medium - 2 1/2" diameter x 2 3/4"
Mango, fresh	1 each
Cold pressed extra virgin olive oil	1 x 1 tbsp
Lemon juice, fresh	1 teaspoon
Salt, sea salt	0.25 teaspoon
Collards, raw	4 cup

## Instructions

### Prep

1. Disregard the amount of Collards in the ingredients. You will need 4 large raw Collard leaves or Swiss Chard leaves for this recipe.
2. You will also need to find the recipe for the Sweet and Sour Thai Almond Butter Sauce located in the Sauces section of the Recipes as you will need to add this sauce to make a delicious mixture of all the cut up veggies.
2. Place Collard leaves on a flat surface, and using a paring knife remove the long vein from the center of each leaf so it's pliable. Continue cutting to the end so that each leaf produces 2 pieces. Set aside.
3. Shred carrot to equal 1/4 cup.
4. Shred beet to equal 1/4 cup.
5. Thinly slice the red bell pepper to equal 1/4 cup.
6. Thinly slice mango to equal 1/4 cup.
7. Freshly squeeze lemon juice from a lemon to equal 1 tsp.

## Directions

1. In a bowl, toss together the carrot, beet, red pepper and mango. Add the olive oil, lemon juice and salt and toss well. Set aside to marinate for 10 minutes.
2. Add the Sweet and Sour Thai Almond Butter Sauce to the carrot mixture and toss well.
3. Divide the filling into 8 equal portions. Place one portion on the uncut end of the leaf and roll up until you reach the middle of the leaf. Fold in the sides and continue rolling into a tight cylindrical package. Repeat until all leaves have been filled.
4. Serve immediately or cover and refrigerate for up to 2 days.