

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Spring Rolls

1 Package of rice paper (spring roll wrappers). You can find these at most health food stores and Asian markets.

Your choice of fresh veggies.

(Some of my favorites are avocado, cucumber, red and yellow bell peppers, green or red cabbage, baby lettuces, green onion, carrot, sprouts and fresh herbs such as cilantro, basil, parsley, or mint.)

Chop, grate or julienne all veggies fine. I like to leave the herb leaves whole.

In a 9 inch round cake pan, soak 1 piece of rice paper for approximately 30 seconds. You want them soft but not gummy. Lay it out on a cutting board and with wet hands work it out so it is flat. Begin layering your herbs and veggies just below the center of the wrap. When your mound is done fold the edge that is closest to you up and over the top of your veggies. Then fold in both the left and right edges so they over lap the top. To finish, gently pull your mound toward you as you roll it away, like a burrito.

Sauce-

Juice of 1 lime

Juice of 1 lemon

Juice of 1 orange

1 teas grated ginger

1 garlic clove, minced

1/2 cup Braggs Liquid Aminos

1/4 cup water

1 T. sesame seeds

Pinch of cayenne pepper or a dash of hot sauce if desired.

Mix all the sauce ingredients together in a bowl and use as a dip for the spring rolls. Enjoy!



