

Crunchy Veggie Spring Rolls with Creamy Sweet & Tangy Dip



Get creative with B-well Sandwich Spread and use it as a sauce, salad dressing or even in savoury tarts!

Here's why this is an ingredient for better living:



Ingredients:

- + 8 large rice paper wrappers
- + ½ cup cooked vermicelli rice noodles
- + ¼ cup purple cabbage, finely shredded
- + ¼ head romaine lettuce, thinly sliced
- + ½ red bell pepper, cut into thin strips
- + ½ yellow pepper, cut into thin strips
- + ½ English cucumber, cut into thin strips
- + 1 carrot, peeled and cut into thin strips
- + 10 finely chopped basil leaves
- + 4 teaspoons finely chopped fresh mint leaves
- + 4 tablespoons reduced-sodium soy sauce
- + 2 tablespoons peanut butter
- + 2 tablespoons B-well Sandwich Spread

Creamy Dip Preparation:

- + Combine soy sauce, peanut butter, and B-well Sandwich Spread in a bowl. Taste and adjust the flavours until you achieve your favourite balance of sweet and sour.
- + For added sweetness, consider a touch of honey or pure maple syrup.

Instructions:

1. Soften the rice paper wrappers in warm water until pliable but not overly wet.
2. Lay the soaked rice paper flat on a clean surface.
3. Place a small portion of noodles and the prepared vegetables, together with a pinch of basil and mint, at the bottom centre of the wrapper.
4. Lift the bottom edge, fold over the fillings, and tightly tuck them in.
5. Fold the left and right sides towards the centre while rolling away from you.
6. Continue rolling until you reach the top edge, gently pressing to seal the seam.
7. Cut the rolls in half, serve with the dipping sauce, and enjoy!

Lunchbox Tip:

Wrap each rice paper roll half in parchment paper before packing it into your lunchbox to prevent them sticking to each other.



Hey kids!

Ever thought about how your food powers your body and helps your brain grow? This recipe has purple cabbage for **antioxidants**, peppers packed with **vitamin D** for **immune support**, and B-well Sandwich spread filled with **brain-loving omega-3s**.