



STRAWBERRY QUINOA SPRING ROLLS WITH MANGO & MINT DIPPING SAUCE

Makes 8 rolls, Soak time: 30 minutes, Active time: 20 minutes

- 2 cups cooked quinoa
- 1 cup strawberries, chopped
- 1 cup blueberries
- 1 mango, chopped (1/3 of this is for the sauce)
- ½ cup sliced almonds
- 1 tablespoon chopped mint
- Juice and zest of one orange
- Juice and zest of 2 key limes (or 1 regular lime)
- ½ cup raw cashews
- 1 tablespoon honey
- 8 sheets of rice paper

Mango and Mint Dipping Sauce:

Soak the cashews in hot water for 30 minutes. Drain and then blend in a blender with 1 cup of water until smooth. Reserve half for another use.

Blend the remaining cream with half of a mango, honey, mint and lime zest. Set aside.

Strawberry Quinoa Filling:

In a bowl, combine the chopped strawberries, blueberries, mango, orange and lime juice. Mix well.

Dip one sheet of rice paper in water for 3-5 seconds until softened. Place on a flat surface and spoon 1/2 cup of quinoa filling inside. Wrap like a burrito.

Serve with dipping sauce and enjoy!