

FRUIT SPRING ROLLS WITH ZESTY LIME YOGURT DIP

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium

Serves: 12 (Serving= 1 Spring Roll and 1 Tablespoon Dip)

Nutrition (per serving)

Calories: 74

Total Fat: 0 g

Saturated Fat: 0 g

Sodium: 29 mg

Total Carbohydrate: 16 g

Dietary Fiber: 3 g

Total Sugars: 8 g

Protein: 8 g



Ingredients

Fruit Spring Rolls

- 12 rice paper wrappers
- 8 strawberries, thinly sliced
- 2 kiwis, peeled and thinly sliced
- 1 banana, thinly sliced

Zesty Lime Yogurt Dip

- 1 Tablespoon honey
- Zest of 1 lime
- 1 apple, cored and thinly sliced
- 24 blackberries
- 2 cups baby spinach, chopped
- 5.3 ounce container non-fat vanilla Greek yogurt



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Directions

Fruit Spring Rolls

1. In a shallow bowl, soak rice paper wrappers in warm water for about 20-30 seconds until pliable. Put the rice paper wrapper down on a flat surface and place a small amount of each of the spring roll ingredients on one half of the wrap. Fold one end over the filling, fold in two sides of the wrap, and then tightly but carefully roll it up.

Zesty Lime Yogurt Dip

1. Add honey and lime zest to yogurt and stir well. Serve with spring rolls.