

Hearty Veggie Rolls with Creamy Peanut Sauce - Fresh, Plant-Powered Perfection

These veggie rolls are all about



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INGREDIENTS

For the Rolls:

- 8 rice paper wrappers
- ¾ cup shredded red cabbage
- 1 carrot, julienned
- 1 cucumber, julienned
- ¾ avocado, sliced
- Fresh mint and cilantro leaves

For the Peanut Sauce:

- ¼ cup peanut butter
- 2 tbsp soy sauce
- 1 tbsp lime juice
- 1 tsp maple syrup

Water to thin as needed

How to Make Veggie Rolls:

Prep all your veggies and herbs. Arrange them on a plate or cutting board for easy access.

Soften the rice paper wrappers. Dip each one into warm water for 8-10 seconds, then lay flat on a clean surface.

Assemble your rolls. Place a small handful of cabbage, carrots, cucumber, avocado, mint, and cilantro in the center.

Wrap it up. Fold the sides in, then roll tightly from the bottom like a burrito. Repeat with remaining wrappers.

Make the peanut sauce. Whisk together peanut butter, soy sauce, lime juice, and maple syrup

until smooth. Thin with water if needed.

Serve and enjoy. Dip those colorful rolls generously in the sauce and devour immediately!

Tips for Success:

Don't overfill the wrappers-less is more for easier rolling.

Use ripe but firm avocado for the best texture.

Roll on a slightly damp cutting board to keep the rice paper from sticking.

Want some heat? Add chili garlic sauce or a pinch of red pepper flakes to your peanut sauce.

Make It Your Own: Add-Ins & Variations:

Protein Boost: Add cooked tofu, shredded rotisserie chicken, or even shrimp.

Crunch Factor: Toss in thinly sliced bell peppers or bean sprouts.

Flavor Swaps: Try almond butter or tahini instead of peanut butter for a different twist.

Serving Suggestions & Pairings:

A glass of chilled Blueberry Lemonade for a sunny-day refresh

A bowl of Tangy Chicken Salad with No Mayo for a balanced, no-cook meal

A side of No-Bake Monster Cookie Energy Balls for something sweet and sustaining

Or for something savory and quick: 3-Ingredient Egg Wraps make a great protein-packed pairing

Storage & Prep Tips:

DIRECTIONS

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14. **Serving Suggestions & Pairings:** These veggie rolls are light enough for lunch and elegant enough for entertaining. Pair them with:
15. A glass of chilled : Blueberry Lemonade for a sunny-day refresh
16. A bowl of : Tangy Chicken Salad with No Mayo for a balanced, no-cook meal
17. A side of : No-Bake Monster Cookie Energy Balls for something sweet and sustaining
18. Or for something savory and quick: 3-Ingredient Egg Wraps make a great protein-packed pairing
19. **Storage & Prep Tips:** Fridge: Store assembled rolls in a container with a damp paper towel to prevent drying out. Eat within 1-2 days.
20. **Peanut : Sauce:** Keep the sauce in a sealed jar in the fridge for up to a week.
21. **Meal : Prep Hack:** Slice all veggies ahead of time and assemble rolls fresh when ready to eat.
22. **More Recipes You'll Love:** Looking for more no-bake, colorful, or plant-based meal ideas? Try:
23. This : Brownie Batter Dip - a no-bake sweet treat to contrast your healthy main.
24. These : No-Bake Energy Balls - perfect for snacking between rolls.
25. Tangy : Chicken Salad - light, zesty, and perfect for a flavor-packed lunch spread.

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More recipes: [ChefManiac.com](https://chefmaniac.com)

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