



Vibrant Vegan Rice Paper Wraps with Creamy Peanut Dipping Sauce

Description

Fresh, flavorful, and delightfully crunchy—these vegan veggie wraps are the perfect light yet satisfying meal. Filled with colorful, crisp vegetables and paired with a rich, nutty peanut sauce, this recipe is a game-changer for anyone looking for a quick and healthy dish.

Ingredients:

For the Wraps:

- 8 rice paper wrappers
- 1 red bell pepper, julienned
- 1 small carrot, julienned
- 1/2 cucumber, julienned
- 1/2 cup purple cabbage, shredded
- 1/2 cup lettuce, chopped
- 1 avocado, sliced

- 1/2 cup fresh cilantro, mint, or Thai basil (or a mix of all)

For the Peanut Dipping Sauce:

- 1/3 cup peanut butter (or almond butter for variation)
- 2 tbsp soy sauce or tamari
- 1 tbsp maple syrup
- 1 tbsp lime juice
- 1 tsp fresh ginger, grated
- 1 garlic clove, minced
- 2-3 tbsp water (to thin the sauce as needed)
- 1/2 tsp chili flakes (optional, for heat)

Instructions:

1. Prepare the Ingredients

- Wash and chop all vegetables into thin, even slices.

2. Make the Peanut Dipping Sauce

- In a small bowl, whisk together peanut butter, soy sauce, maple syrup, lime juice, ginger, garlic, and chili flakes.
- Add water gradually until the sauce reaches your desired consistency.
- Taste and adjust seasoning as needed.

3. Assemble the Wraps

- Fill a shallow dish with warm water. Dip one rice paper wrapper in the water for about 5-7 seconds until it softens.
- Place the softened wrapper on a clean surface and arrange a small amount of each ingredient in the center.

- Fold the sides inward, then tightly roll from the bottom up, tucking in the filling as you go.
- Repeat with the remaining wrappers and fillings.

4. Serve and Enjoy

- Serve with the peanut dipping sauce on the side.
- Enjoy immediately or store in an airtight container for a few hours before serving.