

FRUIT SPRING ROLLS WITH CHOCOLATE YOGURT DIP

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 12 (Serving= 1 spring roll and 1 Tablespoon chocolate dip)

Nutrition (per serving)

Calories: 71	Total Carbohydrate: 15
Total Fat: 0 g	Dietary Fiber: 3 g
Saturated Fat: 0 g	Total Sugars: 7 g
Sodium: 29 mg	Protein: 2 g

Ingredients

Fruit Spring Rolls

- 12 rice paper wrappers
- 8 strawberries, thinly sliced
- 2 kiwis, peeled and thinly sliced
- 1 banana, thinly sliced
- 1 apple, cored and thinly sliced
- 24 blackberries
- 2 cups baby spinach, chopped

Chocolate Yogurt Dip

- 2 Tablespoons cocoa powder
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon cinnamon
- 5.3 ounce container non-fat vanilla Greek yogurt

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.

Chocolate Yogurt Dip

1. Add cocoa powder, vanilla and cinnamon to yogurt and stir well. Serve with spring rolls.