



Rainbow Roll-Ups with Peanut Sauce

prep time: 10-30 minutes (depending on chopping time)

total time: 15-40 minutes (depending on chopping time)

INGREDIENTS

Rainbow Roll-Ups:

- carrots, cut into matchsticks
- cucumber, cut into matchsticks
- red cabbage, sliced
- cooked rice or quinoa (optional, or other protein choice)
- peanuts and cilantro
- greens (butter lettuce, kale, collard greens, etc.)

Peanut Sauce:

- 3/4 cup peanut butter
- 1/4 cup soy sauce (tamari or coconut aminos if gluten-free)
- 1/4 cup rice vinegar
- 1/4 cup water
- 1 clove garlic

INSTRUCTIONS

Prep: Cook rice or quinoa (or other protein source). Trim the stem/spine of the greens if needed (collard greens and kale) – don't cut it completely off, but just cut it down so that it's nice and thin and pliable. Cut and slice the carrots, cucumber, red cabbage.

Roll: Arrange your fillings on your choice of green leaf. Fold the ends in and roll from front to back, trying to keep everything nice and tight.

Peanut Sauce: Run all the ingredients through a blender/food processor. Or mince garlic and stir ingredients in a bowl.

NOTES

- *You can steam the collard leaves if you want to make them more pliable. Or running the leaf under hot water or placing hot rice on it was enough to soften it just a little bit.*
- *These aren't the greatest for making ahead, since the hummus can get a little watery once it sits with the veggies. I recommend prepping everything and then keeping it in the fridge and rolling a fresh one each morning or just before you eat it.*
- *For a completely sugar free version of this recipe, use white distilled vinegar.*