

SUPERFOOD SPRING ROLLS

RECIPE



WHAT YOU'LL NEED

- **Rice Paper Wrappers**
- **Vegetables & Herbs of your choice:** carrots, peppers, cucumber, avocado, fresh mint or cilantro are some options. Get creative with the ingredients you put inside and it will completely change the flavor of your roll: Add fruit for sweet rolls, or vermicelli noodles and tofu for a Vietnamese inspired fresh roll!
- **Add Superfoods:** Use BRAMI Lupini beans or sprinkle Moringa powder from this month's box!

METHOD

1. To assemble your spring rolls, fill a large bowl or wide skillet with warm water and immerse rice paper to soften for about ~10 seconds.
2. Remove from water and lay wrapper flat onto a plate or flat surface.
3. Place your choice of ingredients in a row across the bottom third of the wrapper leaving about 2 inches uncovered on each side (see picture above).
4. Gently fold over once, tuck in edges, and continue rolling until seam is sealed. It may take a little practice so don't feel bad if your first few attempts are a fail!



Pollinate Your Soul

Visit RosehiveSuperfoods.com/February-Recipe/
for more cooking tips!

SNACK 1:

LUPINI BEANS

Roman warriors relied on this protein-packed bean to fuel them on long journeys. Lupini beans are a good source of dietary fiber and protein. One cup of lupini beans provides 5g of fiber & a whopping 26g of protein.

SNACK 2:

HIBISCUS COOKIES

Through the use of edible flowers, Each cookie is handcrafted using quality ingredients. These chewy, yet spicy cookies are created using hibiscus petals for a sweet, tart, spicy finish on the tongue.

SNACK 3:

TURKISH FIGS

Figs have the highest mineral and fiber content of all common fruits, nuts and veggies. 1 serving of dried figs provides calcium, iron, potassium, antioxidants & fiber.

SNACK 4:

CHILI CHERRY CHOCOLATE

Dark chocolate with Ancho and Chipotle chilies and dried cherries. Eating chilies may have cardiovascular benefits by protecting the fats in your blood from free-radicals. Chile peppers also give your immune system a boost with their concentrated levels of beta-carotene and Vitamin A.

Disclaimer: The information provided is for educational purposes only and is not intended to be a substitute for medical treatment. Please consult your medical care provider before using herbal medicine, particularly if you have a known medical condition or if you are nursing or pregnant.

HERB:

ROSEBUDS

Rosebuds have been used in Chinese medicine for thousands of years. They have been found to contain vitamin C which boosts the immune system, promotes healthy skin and bones, and helps the body absorb iron.

SUPERFOOD POWDER:

MORINGA LEAF

Moringa oleifera plant has been used for thousands of years in Ayurvedic medicine and is gaining popularity as a superfood for its highly nutritious profile and powerful anti-inflammatory, antioxidant, and tissue-protective properties.

SURPRISE:

POSITIVE ENERGY TEA

Sweet Tangerine Positive Energy tea combines herbs traditionally used to uplift the spirit and a blend of Assam Black Tea and Green Maté to help provide energy.

SURPRISE:

RICE PAPER

The beginning of our fresh superfood spring rolls recipe! Just flip this page over. Grab a loved one and make it a date night cooking creating this recipe.

DRINK:

CHAI MYLK

Delicious, organic chai coconut mylk made with love. Contains cinnamon which helps control blood sugar.

DISCOVER WHAT'S INSIDE