

# Fruit Spring Rolls

## Ingredients:

5 rice paper wraps  
 ½ cup apple, sliced  
 ½ cup pear, sliced  
 1 small banana, sliced  
 2 kiwis  
 4 strawberries  
 1 cup plain oat yogurt  
 Warm water

## Servings: 5

## Instructions:

Cut the apple, pear, and banana into matchsticks.

Cut kiwi and strawberries into shapes.

Fill a plate with warm water.

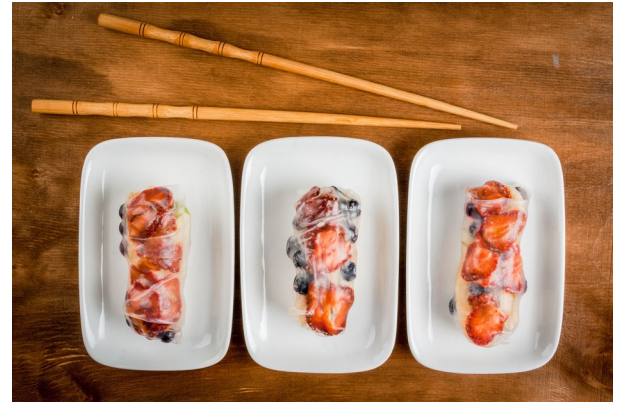
Place the rice paper in the plate with warm water and coat it for about 10 seconds.

Place rice paper onto a plate, in the middle of rice paper place the kiwi and strawberries..

Place the rest of the fruit on top of the first layer of fruit.

Roll one edge of the rice paper and tuck it under the fruits. Then tuck in the sides and roll the rest of the wrapper.

Serve with yogurt dip.



## Nutrition Facts

5 servings per container

Serving size **1 Roll**

Amount per serving

**Calories 120**

% Daily Value\*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 45mg **2%**

Total Carbohydrate 26g **9%**

Dietary Fiber 3g **11%**

Total Sugars 8g

Includes 0g Added Sugars **0%**

Protein 3g

Vitamin D 0mcg **0%**

Calcium 22mg **2%**

Iron 0mg **0%**

Potassium 238mg **6%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

