



Healthy Fruit Roll-ups

PREP TIME: 15-20 MINUTES

Ingredients

- 1-cup quinoa, cooked
- 1/4 cup natural nut butter
(ie peanut butter, almond
butter, cashew butter)
- 5-6 rice paper wraps, large
- 1.5 cup mixed fruit
(ie kiwi, mango slices,
blueberries, raspberries,
strawberries)
- 1/2- 1 tbsp of "crunchy
toppings" (ie hemp hearts,
toasted coconut, nuts,
and/or seeds)
- *Vanilla greek yogurt for
dipping (optional) *

Directions

1. Cook quinoa according to directions on package.
-Tip: make ahead of time to allow it to cool down a bit. (or pop it in the fridge for 20-minutes).
2. Mix the natural nut butter in with the quinoa.
(it might get a little messy, but that's okay!)
3. Soak 1-rice paper in warm water. Massage the rice paper gently until it becomes pliable. However, make sure you don't over-soak the rice paper either.
4. Add a portion of the nutty-quinoa mixture onto the rice paper wrap (resembling a log-shape)
5. Then, add your fruit of choice onto the wrap as well.
6. Lastly, sprinkle on some of your favourite "crunchy" toppings.
7. Now it's time to roll up your fruit wrap!!
-Start off by rolling the rice paper over the filling/ inside contents.
-Then, fold each side inwards and continue rolling.
-Cut in half, if desired.
8. Repeat steps 3-7 and continue assembling the rest of your fruit roll-ups.