



Tofu Spring Rolls

BY EVERYDAY EATLOVE

🕒 15 MINS PREP | 🕒 15 MINS COOK | 🍴 3 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 12 ounces Extra Firm Tofu cut into strips
- 3 teaspoons vegetable oil
- 1 1/2 cups carrots julienned
- 2 1/4 cups bean sprouts
- 2 1/4 cups cucumber julienned
- 5/8 cup mint chopped
- 9 rice paper wrappers
- 3 tablespoons almond butter
- 3 teaspoons Tamari Sauce (Reduced Sodium)
- 3 teaspoons lime juiced

NUTRITION INFORMATION PER SERVING

Protein 20g	Fruits 0.07 servings
Total Fat 20g	Vegetables 2.14 servings
Carbs 35g	Saturated Fat 1.78g
Calories 374kcal	Sodium 536mg
Iron 5.2mg	Fiber 7.1g
Vitamin C 22mg	Added Sugar 0g

Method

- Pat tofu dry with a towel. Heat oil in a skillet over medium high heat. Add tofu strips and cook until golden brown on all sides.
- Meanwhile, in a small bowl, whisk together almond butter, tamari, and lime juice. Add water as needed to thin. Place in the fridge until ready to serve.
- Soak rice paper wrapper in warm water until soft (30-60 seconds). Shake off excess water and lay flat on a plate or chopping board.
- Place some of the tofu and veggies on the lower third of the rice paper. Fold the lower edge up to enclose the filling. Fold the short sides over like a burrito and roll up. Repeat for remaining rolls.
- Serve with almond sauce.

