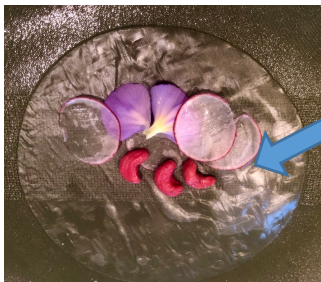


Snapped Up: Flowerful Spring Rolls



When spring mint begins to grow it's time for **Flowerful Spring Rolls**. This version isn't deep fried, but instead allows the fresh flavors of mint and peanuts and the color of flowers to shine through without the grease. Edible flowers takes the presentation up a notch; shown here with pansies and beet dyed cashews (vegan "shrimp").



INGREDIENTS

ALWAYS – Edible flowers*, fresh mint leaves, crushed peanuts

And then whatever is in the fridge.

Something crunchy – shredded carrots, cucumbers, cabbage, red peppers...

Something meaty – shrimp, chicken, pork... or cashews, tofu...

Something mushy – avocado, bird nest rice noodles...

Something pretty – edible flowers, thin sliced radishes...

Something leafy – basil, cilantro, lettuce...

6 inch or bigger **Rice paper wrap** (they never go stale)

TOOLS USED:

Damp towel

Flat tray to hold damp towel and keep water from spreading.

Pot of hot water. Cookie sheet.

Mandolin for extra fine slicing. Optional.

DIRECTIONS:

1. Pre-cut up all ingredients and have ready for assembly.
2. Boil water while chopping up veggies.
3. Put a lint-free dish cloth (no terry cloth) on a surface that can contain water, such as a broiler pan or cookie sheet.
4. Pour hot water on it until it barely skims the surface of the cloth.
5. Put a rice wrap on the surface and then turn it over onto the cloth making both sides wet. It will still be hard and become soft as it soaks up the water while you are piling on the ingredients. **TIP: doing it this way will keep the rice paper flat and not sticking to itself which sometimes happens when dipping it directly into hot water and then onto a work surface.**
6. **TIP:** Place what you want to see on the outside (first) on the top half of the rice paper. That way it will show up through the rice paper after you roll it.
7. Add flowers, mint, crushed peanuts and veggies keeping the pile 1 inch from either side.
8. Fold the sides in. Fold the bottom half up and make contact with the sides. You now have an envelope to hold ingredients in place as you roll forward tightening the wrap as you go. Expect some failures until you get the hang of it.
9. Set finished rolls on a damp cloth and cover with another damp cloth. Serve immediately or keep in the fridge for a few hours prior to serving.
10. Serve with sweet chili sauce or peanut sauce.

***Other Edible Flowers to try:** Blue Borage, Chives, Lavender, Bachelor Button, Violets. **Orange** Nasturtiums, Calendula. **Red** Scarlet Runner Beans.

Make sure the flowers you choose are not poisonous!

<https://www.westcoastseeds.com/blogs/garden-wisdom/list-of-edible-flowers>

One (as shown) Flowerful Spring Roll

General			
Energy	129.6	kcal	<div><div></div></div> 18%
Alcohol	0.0	g	<div>No Target</div>
Caffeine	0.0	mg	<div>No Target</div>
Water	29.2	g	<div></div> 1%
Carbohydrates			
Carbs	11.7	g	<div><div></div></div> 14%
Fiber	2.0	g	<div><div></div></div> 10%
Starch	1.4	g	<div>No Target</div>
Sugars	1.7	g	<div>No Target</div>
Sugar Alcohol	0.1	g	<div>No Target</div>
Net Carbs	9.6	g	<div><div></div></div> 16%
Lipids			
Fat	8.0	g	<div><div></div></div> 30%
Monounsaturated	4.2	g	<div>No Target</div>
Polyunsaturated	1.9	g	<div>No Target</div>
Omega-3	0.0	g	<div></div> 1%
Omega-6	1.9	g	<div></div> 17%
Saturated	1.1	g	<div>n/a</div>
Trans-Fats	0.0	g	<div>n/a</div>
Cholesterol	0.0	mg	<div>No Target</div>
Phytosterol	0.0	mg	<div>No Target</div>
Protein			
Protein	4.6	g	<div><div></div></div> 8%
Cystine	0.1	g	<div><div></div></div> 8%
Histidine	0.1	g	<div><div></div></div> 9%
Isoleucine	0.1	g	<div><div></div></div> 10%
Leucine	0.2	g	<div><div></div></div> 8%
Lysine	0.1	g	<div><div></div></div> 5%
Methionine	0.0	g	<div><div></div></div> 7%
Phenylalanine	0.2	g	<div><div></div></div> 16%
Threonine	0.1	g	<div><div></div></div> 9%
Tryptophan	0.0	g	<div><div></div></div> 11%
Tyrosine	0.1	g	<div><div></div></div> 11%
Valine	0.2	g	<div><div></div></div> 10%
Vitamins			
B1 (Thiamine)	0.1	mg	<div><div></div></div> 8%
B2 (Riboflavin)	0.0	mg	<div><div></div></div> 4%
B3 (Niacin)	1.4	mg	<div><div></div></div> 10%
B5 (Pantothenic Acid)	0.4	mg	<div><div></div></div> 8%
B6 (Pyridoxine)	0.1	mg	<div><div></div></div> 7%
B12 (Cobalamin)	0.0	µg	<div></div> 0%
Biotin	0.0	µg	<div></div> 0%
Folate	35.9	µg	<div><div></div></div> 9%
Vitamin A	1192.2	IU	<div><div></div></div> 51%
Vitamin C	5.6	mg	<div><div></div></div> 7%
Vitamin D	0.0	IU	<div></div> 0%
Vitamin E	1.1	mg	<div><div></div></div> 7%
Beta Tocopherol	0.0	mg	<div>No Target</div>
Delta Tocopherol	0.1	mg	<div>No Target</div>
Gamma Tocopherol	1.0	mg	<div>No Target</div>
Vitamin K	5.8	µg	<div><div></div></div> 6%
Minerals			
Calcium	16.0	mg	<div><div></div></div> 2%
Copper	0.2	mg	<div><div></div></div> 24%
Fluoride	0.0	µg	<div></div> 0%
Iodine	0.0	µg	<div></div> 0%
Iron	0.9	mg	<div><div></div></div> 11%
Magnesium	32.8	mg	<div><div></div></div> 10%
Manganese	0.3	mg	<div><div></div></div> 16%
Molybdenum	0.0	µg	<div></div> 0%
Phosphorus	69.7	mg	<div><div></div></div> 10%
Potassium	191.3	mg	<div><div></div></div> 4%
Selenium	1.6	µg	<div><div></div></div> 3%
Sodium	19.2	mg	<div><div></div></div> 1%
Zinc	0.7	mg	<div><div></div></div> 8%

Chart taken from **Cronometer.com**

Since you can't check the label on the side of a product, Cronometer makes it easy to see what comes packaged inside any whole food and in any quantity. Percentages are based on what a 150 pound person needs daily.

Chart taken from **Cronometer.com**

Since you can't check the label on the side of a plant, Cronometer makes it easy to see what comes packed inside any whole food and in any quantity.

Percentages are based on what a 150 pound person needs daily.