

# Collard Spring Rolls

**This is a fun and yummy way for you and your family to eat lots of organic veggies in their most nutritious state, raw.**

## **Ingredients:**

3 large collard leaves

1 zucchini, grated, with the skin on

1 yellow squash, grated with the skin on

2 carrots, grated

2 oz basil, chopped fine

2 oz cilantro, chopped fine

¼ head of red cabbage cut very fine.

3 lemons

3 Tbs toasted sesame seeds

1 mango, peeled, and sliced into thin strips

1 tsp salt

1 tsp cumin powder

½ tsp crushed red pepper flakes, optional for those that like it a bit spicy

## **Preparation:**

Wash the collard leaves, remove the base of the stem and slice a little of the stem out of the base of the leaf, but try to keep leaf as whole as possible so it is easy to roll.

Grate and cut all the veggies and place the zucchini in one bowl, the squash in another bowl, the carrots in another bowl, the red cabbage in another bowl, the mango in another bowl, and the cilantro and basil in another bowl. Set aside.

Squeeze the lemon juice into a bowl, add a little salt, the cumin powder, and the crushed red pepper flakes if using, stir together and set aside.

On a flat surface lay the collard leaf, dark side down, flat on your surface. Along the middle of the leaf, put a thin layer of the grated veggies one on top of the other ending with the herbs. Pour about 2 spoons of the lemon juice mixture over the top of the grated veggies and then sprinkle some of the toasted sesame seeds. Tightly roll the collard leaf (like a sushi roll) and set on a cutting board. Make the rest of your rolls and set them on the cutting board.

With a sharp knife cut the rolls in half, in spring roll size portions. You should see all the layered colors from the veggies inside. Enjoy!

Serve with some fresh mint tea. Pour boiling water over fresh mint and let sit about 20 minutes. Strain into a pitcher and cool in refrigerator.