

Spring Rolls



Ingredients:

Zuchinni

Mixed baby greens

Carrots

Red Pepper

Avocado

Any additional vegetables you like (ie: red cabbage, etc.)

Directions:

1. Shave zucchini with mandolin or vegetable peeler, to make thin slices
2. Weave zucchini slices to make base for roll
3. Add veggies of your choice
4. Roll into Spring Roll
5. Wrap in plastic wrap and refrigerate if not serving immediately

Stuffed Dates

Ingredients:

Medjool Dates

Almond butter (may substitute for peanut butter)

Chocolate Chips - melted (optional)

Directions:

1. Slit dates on long side and remove pit
2. Stuff date with almond butter
3. Drizzle a little melted chocolate over almond butter
4. Refrigerate leftovers