

# Fruit Spring Rolls with Zesty Lime Yogurt Dip

## YOGURT DIP

*Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium*

*Serves: 12 (Serving= 1 Spring Roll and 1 Tablespoon Dip)*

### **Nutrition (per serving)**

|                          |                   |
|--------------------------|-------------------|
| Total Fat: 0 g           | Calories: 74      |
| Saturated Fat: 0 g       | Total Sugars: 8 g |
| Sodium: 29 mg            | Protein: 8 g      |
| Total Carbohydrate: 16 g |                   |
| Dietary Fiber: 3 g       |                   |

### **Ingredients**

#### *Fruit Spring Rolls*

- 12 rice paper wrappers
- 8 strawberries, thinly sliced
- 2 kiwis, peeled and thinly sliced
- 1 banana, thinly sliced

#### *Zesty Lime Yogurt Dip*

- 1 Tablespoon honey
- Zest of 1 lime
- 1 apple, cored and thinly sliced
- 24 blackberries
- 2 cups baby spinach, chopped
- 5.3 ounce container non-fat vanilla Greek yogurt

## Directions

### Fruit Spring Rolls

1. In a shallow bowl, soak rice paper wrappers in warm water for about 20-30 seconds until pliable. Put the rice paper wrapper down on a flat surface and place a small amount of each of the spring roll ingredients on one half of the wrap. Fold one end over the filling, fold in two sides of the wrap, and then tightly but carefully roll it up.

### Zesty Lime Yogurt Dip

1. Add honey and lime zest to yogurt and stir well. Serve with spring rolls.