

# fruit salad spring rolls + honey vanilla mint dipping sauce

## slice+dice

Have kids slice and dice **1-½ C strawberries**, **2 firm bananas** and a **handful of blueberries** into small bite sized pieces in a large bowl... If you wish, squeeze **fresh orange juice or lemon juice** and a **drizzle of honey** and a **pinch of sea salt** over the top of the fruit to add more flavor and to keep fruit from discoloring.

## scoop+peel

Cut **one large papaya** in half. Look at the large black seeds. They are eatable and they are very spicy! Try one! Scoop out the black seeds and discard. Peel the green skin away from the papaya. Chop into bite sized pieces.

## tear+squeeze+mix

Have kids tear up a hand full of **fresh mint leaves** and add to a small bowl. Measure **½ cup honey** and **½ teaspoon vanilla extract** and add to the bowl with the mint. Squeeze the juice of **1 orange** into the bowl and mix together. Set to the side.

## dunk+roll

Fill a large baking dish with very warm water. From **1 package of 12" rice paper** wrappers, dip one sheet at a time into the warm water very quickly (less than 5 seconds), then pat dry with a paper towel. Notice how quickly the rice paper goes from brittle to pliable. Add a **scoopful of fruit salad mix** in the middle of the wrap; Once the fruit is on the wrap, fold up the bottom and tuck under the fruit. Fold in each side (like you would with a burrito), then roll the wrap to the end. It should seal itself since the rice paper wrap is damp. Roll all 12 rice paper wrappers with fruit. Eat whole or slice in the middle at an angle. Serve with honey vanilla mint dipping sauce. **Healthy (shhh!) and YUMMY!**



**Sticky Fingers Coolinary Specialty Camp:**

Mon, August 8 – Fri, August 12, 1-4pm

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