

VEGGIE EGG ROLLS

INGREDIENTS FOR WOK

- 1 PACKAGE NON-GMO EGG ROLL WRAPS
- 2 BAGS CABBAGE OR SLAW MIX
- 1 BAGS BROCCOLI SLAW
- 1 BUNCH GREEN ONIONS
- 1 CUP FROZEN PEAS
- 1TBS MINCED GARLIC

INGREDIENTS FOR ASIAN SAUCE

- ½ CUP ORGANIC COCONUT AMINOS OR TAMARI
- ½ CUP GRADE-B MAPLE SYRUP (OR HONEY, COCONUT PALM, ETC.)
- ¼ CUP BRAGGS APPLE CIDER VINEGAR (OR RICE VINEGAR)
- 1-2 TBS TOASTED SESAME OIL
- 2 TSP ORGANIC GARLIC MINCED
- 2-4 TBS ORGANIC EVOO OR WATER TO DESIRED CONSISTENCY
- 1-2TBS TO TASTE SRIRACHA TO TASTE AND/OR PINCH OF CAYENNE FOR ADDED KICK (OPTIONAL)
- 1 TSP ORGANIC GINGER TO TASTE
- 1/2 TSP ORGANIC RED PEPPER FLAKES
- PINK SALT TO TASTE

INGREDIENTS FOR SWEET & SOUR SAUCE (FOR DIPPING!)

- 1 CUP ORGANIC PINEAPPLE JUICE
- 1/4 CUP BRAGGS APPLE CIDER VINEGAR
- SWEETENER OF CHOICE; ¼ CUP (MORE/LESS TO TASTE) COCONUT PALM, BROWN SUGAR, OR MAPLE SYRUP
- 3 TBS KETCHUP
- 1-2 TBS COCONUT AMINOS
- SRIRACHA (OPT. TO TASTE)
- GMO FREE CORNSTARCH

DIRECTIONS

1. PREHEAT OVEN TO 375 DEGREES.
2. MAKE SWEET & SOUR SAUCE BY CONSTANTLY STIRRING ALL INGREDIENTS (ACCEPT CORN STARCH) OVER MEDIUM HEAT. TO THICKEN, DISSOLVE 2 TBS GMO FREE CORNSTARCH IN A LITTLE WATER TO CREATE A RUNNY PASTE. STIR (A LITTLE AT A TIME) INTO THE SWEET & SOUR SAUCE UNTIL DESIRED THICKNESS.
3. MIX ASIAN SAUCE INGREDIENTS IN A SMALL BOWL-SET ASIDE.
4. COAT WOK WITH EVOO & SAUTÉ WOK INGREDIENTS UNTIL DESIRED TENDERNESS.
5. LET'S GET SAUCY! ADD ENOUGH ASIAN SAUCE TO COAT MIXTURE. COMBINE WELL. SAVE THE REMAINING SAUCE FOR SALADS, DIPS, ETC.
6. FILL EGGROLL WRAPS WITH VEGGIE MIXTURE & ROLL THE PERFECT EGGROLL.
7. PLACE SEAL SIDE DOWN ON A BAKING SHEET & BRUSH/SPRAY WITH EVOO
8. BAKE AT 375 (15-20 MINUTES) UNTIL GOLDEN BROWN & CRISPY!
DIP IN SWEET & SOUR SAUCE & ENJOY!

