

# rainbow spring rolls

## Ingredients

6 pieces spring roll wrappers  
1 cucumber  
3 beets  
1 yellow bell pepper  
1 orange bell pepper  
1 avocado

## Instructions

1. Wash and peel beets before roasting them in the oven at 400° for 40 minutes.
2. Remove beets from oven and let cool.
3. Julienne (slice into matchstick sizes) cucumbers, bell peppers and beets. Slice avocado.
4. In a shallow dish slightly larger than the size of the wrappers, pour a small amount of water.
5. Dip one rice paper into the water, for about 5 seconds. Rice paper should be wet enough to mold but not soaked and soggy.
6. Place rice paper on a flat surface and begin to layer chosen fillings, leaving a 1" space at the top and sides.
7. Fold left and right sides over and begin rolling from the bottom towards the top. Apply even pressure as you roll.
8. Repeat with each roll. Set aside until the rice paper is no longer tacky.
9. Enjoy!



Children's Hospital Colorado

**children's  
museum**  
Denver • Marsico Campus