



No-Cook: Creative Fruit Salad Spring Rolls with Honey Vanilla Mint Dipping Sauce

By Erin Fletter

Prep Time 40 / Cook Time 0 / Serves 4 - 6

Shopping List

- FRESH
- 1 1/2 C strawberries
- 2 firm bananas
- 1 handful blueberries
- 1 large papaya or 3 to 4 kiwi fruit
- 1 lemon or orange
- 1 handful fresh mint leaves
- DAIRY
- 1 C yogurt ****(see allergy subs below)****
- PANTRY
- 1/4 C honey + more to drizzle
- 1 pinch sea salt, optional
- 12 or more rice paper wrappers (1 or 2 per person), 22 cm (about 8.5") in size
- 1/4 tsp pure vanilla extract ****(see allergy subs below)****
- HAVE ON HAND
- warm water to fill baking dish or skillet

Fun-Da-Mentals Kitchen Skills

dice: to cut foods into small pieces of equal size so that the food is cooked evenly or looks uniform and pleasant when used in the recipe.

juice: to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

peel: to remove the skin or rind from something using your hands or a metal tool.

roll: to use a rolling pin to flatten dough; use your hands to form a roll or ball shape; or move a round food, like a grape or a meatball, through another food, like sugar or breadcrumbs, to coat it.

Equipment

- Cutting board
- Kid-safe knife
- Citrus juicer (optional)
- Large bowl
- Small bowl
- Liquid measuring cup
- Measuring spoons
- Wooden spoon or spatula
- Large baking dish

Ingredients

Creative Fruit Salad Spring Rolls with Honey Vanilla Mint Dipping Sauce

- Spring rolls:
- 1 1/2 C strawberries
- 2 firm bananas
- 1 handful blueberries
- 1 large papaya or 3 to 4 kiwi fruit
- 1/2 lemon or orange, optional
- 1 drizzle honey, optional
- 1 pinch sea salt, optional

- 12 or more rice paper wrappers (1 or 2 per person), 22 cm (about 8.5") in size
- warm water to fill baking dish or skillet
- Dipping sauce:
 - 1 handful fresh mint leaves
 - 1 C yogurt **** (for DAIRY ALLERGY sub coconut cream or dairy-free/nut-free yogurt)****
 - 1/4 C honey
 - 1/4 tsp pure vanilla extract **** (for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)****
 - 1/2 lemon or orange, juiced

Food Allergen Substitutions

Creative Fruit Salad Spring Rolls with Honey Vanilla Mint Dipping Sauce

Any of the fruits: Substitute with another fruit that is tolerated.

Dairy: Substitute coconut cream or dairy-free/nut-free yogurt.

Gluten/Wheat: Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Instructions

Creative Fruit Salad Spring Rolls with Honey Vanilla Mint Dipping Sauce

slice + dice

Have kids slice and dice **1 1/2 cups of strawberries, 2 firm bananas**, and ****{1 handful of blueberries**** into small bite-sized pieces in a large bowl.

scoop + peel

Cut **1 large papaya** in half, then scoop out the black seeds and discard them. Next, peel the green skin away from the papaya. Chop into bite-sized pieces and add to the other fruit. If you wish, squeeze the juice from **1/2 lemon or orange** and add **1 drizzle of honey** and **1 pinch of salt** over the top of the fruit to add more flavor and keep the fruit from discoloring.

tear + squeeze + mix

Make your dipping sauce! Have kids tear up **1 handful of mint leaves** and add to a small bowl. Measure **1 cup yogurt, 1/4 cup honey**, and **1/4 teaspoon vanilla extract** and add to the bowl with the mint. Squeeze the juice of **1/2 lemon or orange** into the bowl and mix together. Set to the side.

fill + dip

Next, you'll prepare the **12 rice paper wrappers**. Fill a large baking dish with **warm water**. Next, dip one dry rice paper sheet into the warm water very quickly (less than 5 seconds) and then dry it with a paper towel. Notice how quickly the rice paper goes from brittle to pliable. Repeat with the remaining wrappers one at a time.

scoop + roll + serve

Add a scoopful of fruit salad mix in the middle of each softened wrap. Once the fruit is on the wrap, fold up the bottom and tuck it 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 wrapper is damp. Eat whole or slice in the middle at an angle. Serve with the Honey Vanilla Mint Dipping Sauce.

Featured Ingredient: Papaya!

Hi! I'm Papaya!

"I'm a tropical favorite and provide lots of vitamin C! I'm sometimes called papaw or pawpaw, but you probably know me as Papaya. I look a bit like a pear-shaped melon, have a taste and texture similar to a cantaloupe, and will add a tropical quality to your salad!"

History & Etymology

Although its origins are uncertain, Papaya is native to tropical America. It was first cultivated in Southern Mexico and Central America, an area called Mesoamerica. It is also native to southern Florida. India grows the most Papaya worldwide, followed by the Dominican Republic, Brazil, and Mexico. The word "papaya" comes from late 16th century Spanish derived from an indigenous word.

Anatomy

The botanical name for Papaya is *Carica Papaya*, a member of the Caricaceae family. The Papaya is a flowering plant but is considered a small tree. It usually grows to about 10 to 15 feet, although a tree in Brazil broke a world record in 2021 at over 47 feet.

Papayas are large berries that grow in clusters near the top of the trunk, below the umbrella-like branches. They are oblong, and their rinds are initially green, turning yellow as they ripen. They can range from 3 to 20 inches long and weigh up to 20 pounds; however, their average length is 6 to 7 inches, and their weight is 8 ounces to a pound. The color of their juicy flesh ranges from dark yellow to salmon or orange.

The black seeds found inside Papaya are edible and spicy, pepper-like in flavor. Papaya leaves and unripe Papaya have papain, an enzyme that can tenderize meat by breaking down its protein. That's why some meat tenderizers include papain.

How to Pick, Buy, & Eat

Choose papaya fruit that is mostly all yellow, perhaps with a little green, and gives a little when gently pressed.

You can use ripe Papaya in salads, soups, salsas, sauces, and smoothies, or eat it by itself.

Nutrition

A serving of papaya provides 75 to 100 percent of the daily value of vitamin C and 10 to 20 percent of folate (B9). Papaya is also a good source of vitamin A and lycopene, an antioxidant.

Some cultures call the papaya tree "the medicinal tree" because its seeds and leaves have been used to make medicine.

Papaya can aid in digestion due to the papain enzyme; however, some people are allergic to papain and should avoid papaya and products that have papain, like some meat tenderizers and cosmetics.