

# Veggie Spring Rolls

We all love a good spring roll am I right? These babies are typically fried in oil, and thats not so good when you are trying to get healthy and lose weight.

Prep:  
**5 minutes**

Cook:  
**15 minutes**

Ready In:  
**90 minutes**

Servings:  
**2-3**



## Ingredients

1 pkg vegan puff pastry  
3 cups chopped cabbage  
1 cup mushrooms, diced  
1/2 cup carrots, chopped  
3 green onions, chopped  
1/2 cup fresh bean sprouts  
1 tsp garlic powder  
1/2 tsp ginger powder  
3 tbsp hoisin sauce  
2 tbsp coconut aminos  
Sweet and sour sauce for dipping

## Instructions

- 1 In a saucepan over medium heat, add all of your vegetables, ginger, garlic, hoisin sauce and coconut aminos. Cover and cook for 10 minutes.
- 2 Once done cooking, place in a bowl with paper towels on the bottom to soak up the moisture and place in the fridge to cool for 60 minutes.
- 3 Preheat your oven to 400 degrees. When the ingredients are done cooling add 2 spoonfuls into each puff pastry and roll up like a tiny burrito.
- 4 Place on a nonstick pan and cook for 10-12 minutes, flip and cook another 5 minutes until brown. Serve with sweet and sour sauce.