

Mango Berry Spring rolls

Great Low calorie dessert great for diabetic and reduced calorie.

Makes 6-8

Prep 10min

Cook 8min

Calories under 150

* 1 mango- cut into small chunks
* 1 pint of strawberries cut in to small bites
* 1 Prickly Pear aka Cactus Fruit cut to small bites
* Sprinkle flour (for thickening)
* Sprinkle of brown sugar or sugar alternative stevia
* Sprinkle of salt to bring out flavors
* 1 Tbs spoon of honey (or agave liquid for diabetic)
* 1 package of spring roll wrappers Thawed
* Optional Whip cream on side (your choice)

1. Mix cut fruit, with sugar, honey, sprinkle flour and sprinkle of salt to bring out flavors
2. Lay out spring roll on baking sheet, add fruit on one end, fold sides in then roll.
3. You can use honey to seal ends
4. Bake for 6-8 minutes watch till looking lightly crispy

http://www.superexhausted.com/2013/04/mango-berry-spring-rolls/ ‎