

Vegan BLT Bites- Vegan Party-Friendly Snack

Ingredients

- 3 tbsp. soy sauce
- 2 tbsp. nutritional yeast
- 2 tbsp. olive oil
- 2 tsp. maple syrup
- 1 tsp. garlic powder
- ½ tsp. liquid smoke
- ½ tsp. Hungarian paprika
- ¼ tsp. black pepper
- 12 rice paper wrappers
- 1 large tomato
- 6 large lettuce leaves
- 1/3 cup vegan mayo
- 2 tsp. Dijon mustard
- Salt and pepper, to taste

Steps

1. To begin, we need to make molds for our spring roll wrappers. You want to make 12 cylinders, roughly 3-4 inches long with a 1-inch diameter. I made mine out of strips of aluminum foil- you can watch my video here for some help on making yours.

2. Preheat the oven to 400°F (200°C). Line a baking sheet with a silicon mat, and set aside. Add the soy sauce, nutritional yeast, olive oil, maple syrup, garlic powder, liquid smoke, Hungarian paprika, and black pepper to a medium-large bowl, and whisk together. Prepare a second large bowl with warm water, and prepare a clean cutting board or workspace.

3. Take a rice paper wrapper, and cut it in half. Dip one half in water for a second or two, and then place on your cutting board. Brush with the prepared soy sauce mixture, flip it over, and brush the second side. Dip the second sheet of rice paper in water, shake off the excess water, and place on top of the first sheet. Brush the second sheet with the soy sauce mixture, and let sit for about a minute to soften. To roll the rice paper around your tin foil molds, line up the bottom edge of the mold with the straight edge of the rice paper. Fold the curved edge over the top of the mold, and roll the cylinder along the straight edge. Place standing on the prepared baking sheet. Repeat with the remaining 12 sheets of rice paper.



4. Place in the preheated oven for 15 minutes, until it is crispy on the edges. While the wrappers are baking, thinly slice your lettuce and cut your tomatoes into strips. Make your dipping sauce by combining vegan mayonnaise, mustard, and salt and pepper to taste.

5. Once the rice paper wrappers are done, gently pull the aluminum foil out of the center of the wrapper. Stuff the cooked wrappers with lettuce and tomato, and serve along with the dipping sauce.

Notes:

- *If you use a different method of molding your rice paper wrappers, make sure whatever you use is oven-safe!*
- *For some added fun, try adding other elements to your BLT bites- bits of avocado, purple onions, sprouts, or a coconut "bacon" could all be delicious additions!*