

BLT Summer Rolls with Avocado

Dairy-Free Dishes

Source: <https://avocadopesto.com/blt-summer-roll-recipe-avocado/>



SERVES:
8



PREP TIME:
15 MINS



COOKING TIME:
10 MINS



CALORIES:
314 CAL

Dairy can cause some nasty symptoms for people who are lactose intolerant or have a sensitivity to casein or whey. Treating yourself to dairy-free dishes will allow you to enjoy food symptom free.

INSTRUCTIONS

1. Cook bacon in pan until crispy. Drain on paper towels.
2. Fill large bowl with warm water and dip rice paper rolls in water until soft. Place on plate in front of you.
3. Layer lettuce, tomato, avocado, 2 slices bacon and mayonnaise on the rice paper roll.
4. Keeping the ends open tightly roll the rice paper away from you.
5. Slice in half. Repeat with remaining rice paper wrappers.

INGREDIENTS

- 8 slices bacon
- 1/2 - 1 large tomato
- 1/2 - 1 avocado
- 4 rice paper wrappers
- 4 large butter lettuce leaves