

INGREDIENTS

 4 SERVINGS

 20 MIN

 EASY

2 jars of Garden Gourmet VUNA
200 g fresh washed spinach
250 ml of plant milk, e.g. oat, or almond milk
125 g flour, or whole grain wheat flour
1 large egg
½ cucumber
1 green apple (Granny Smith)
3 spring onions
½ red onion
salt
pepper
olive oil for baking
1 tbsp vegan mayonaisse
200 ml vegan yogurt
1 tbsp dill

Do you want to try something new? Then give a go to our vegan green wrap with Vuna and delicious yogurt dip! Delicious and so instagramable!

PREPARATION

1. Make batter mixture

Finely grind half the spinach and a spring onion with the milk and the egg in a blender. Stir the mixture into a batter with the flour and some salt and pepper.

2. Cook the pancakes

Cook 4 pancakes in a medium skillet over medium heat so that the color will stay nice and green. Let the pancakes cool.

3. Slice the veggies

Cut the cucumber lengthwise, scrape out the seeds with a spoon and then cut it again lengthwise into approx. 10 cm strips. Cut the apples into thin wedges and the spring onions into thin rings.

4. Place toppings on pancakes

Spread a mixture of some spinach leaves, apple wedges, cucumber strips, chopped onion, spring onion and Vuna on the pancakes.

5. Make yogurt dip

For the yogurt dip: Chop the dill and mix it with the yogurt and mayonnaise. Season with salt and pepper.

6. Final touches and enjoy!

Drizzle some yogurt dip and fold a quarter of the pancake over the filling from the bottom and then roll up the pancake from the side. Roll them in a piece of baking paper or aluminum foil to keep them firm and serve with the rest of the yogurt dill dip.

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