

## INGREDIENTS

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 mayonaise

200 ml vegan yogurt

1 tbsp dill



4 SERVINGS



20 MIN



EASY

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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