

Veggie Wraps

Ingredients

Wraps

150g Loprofin All-Purpose Mix

15g egg replacer

200ml low protein drink

210ml water

Pinch salt

30ml oil for frying

Filling

Vegetables of your choice e.g. lettuce, carrots, pepper, cucumber, tomato, onions etc.

Method

1. Place the All-Purpose Mix and egg replacer in a bowl and mix well.
2. Add the low protein milk and water.
3. Mix with an electric mixer for about 3-4 minutes.
4. Season with salt.
5. Rest for 10 minutes in the fridge.
6. Mix again and fry in a non-stick frying pan like pancakes but the wraps should be thinner.
Use very little oil. (I find they fry better in a non-stick frying pan without oil).

This recipe was provided by Nutricia