

Veggie Wraps

Ingredients

Wraps

150g Loprofin/Juvela/PK Foods/Fate All Purpose Mix

15g egg replacer

200ml low protein milk

210ml water

A pinch salt

30ml oil for frying

Fillings

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.

Note

While the mixture is resting in the fridge you can prepare the filling for the wraps. You can fill them with whatever you like e.g. iceberg lettuce, tomato, cucumber, peppers and carrots etc. Just cut the vegetables into small pieces or shred it, mix with some mayonnaise and season to your taste.