



Healthy Plant-based Recipes:

Spinach Rolls

Pastry Ingredients

- 2 cups wholemeal flour
- 2 cups oat flour
- 2 tsp salt
- ½ cup oil
- 1 cup water, warm

Method

- Combine wholemeal flour, oat flour and salt
- Mix oil and water together then add to the flour
- Moisten the surface of work bench, cover with plastic wrap (the moisture helps the plastic to adhere to the work bench)
- Press dough together with hands and divide
- Place in center of plastic wrap
- Cover dough with another sheet of plastic wrap
- Roll to size

Filling Ingredients

- 500g tofu
- 1 cup cashews
- 1 cup water
- 3-4 cloves garlic
- 2-3 lemons
- 2 packets of frozen spinach
- breadcrumbs

Method

- Process all ingredients in a food processor, leaving out the breadcrumbs.
- Add sufficient bread crumbs to make a still enough mixture to roll in pastry
- Cut into sausage roll lengths and bake in a moderate oven