ROLL-UPS

Roll-ups can be made from fruit or vegetables.

The following recipe uses dates, activated seeds, bananas, water, salt.  We use our favourite seeds and blend them with the other ingredients. The mixture is then placed on greaseproof baking paper sheets into a dehydrator on medium heat. In countries where eating hempseed is legal, organic, raw (unsoaked) hempseed can be used.

**Ingredients**

1 litre of water

6 heaps dessertspoons of hempseed (if legal in your country) OR other activated seeds such as a mixture of sunflower seeds, pumpkin seeds or sesame seeds (unsoaked)

¼ teaspoonful Himalayan rock salt

12 dates (check that the seeds have been removed)

2 medium sized bananas

Alternative - add 1 cup of pawpaw, mango pieces, pineapple, frozen blueberries etc

**Method**

1. Soak dates in water for 10 minutes to soften them.
2. Add the other ingredients and blend them until consistency is like a smoothie.
3. Prepare greaseproof paper sheets in the dehydrator.
4. Pour the mixture onto the greaseproof paper sheets and make circular shape by moving the tray so the mixture is evenly distributed.
5. Turn on the dehydrator to medium heat (approx. 52 degrees Celcius)
6. Leave dry for 24 hours

Roll-ups should be ready to eat in 24 hours. Higher temperatures will destroy the enzymes and cook the roll-ups, but the food will be ready earlier.