



COLOURFUL ROLLS

INGREDIENTS:

Pancakes:

- 1 egg
- 50 ml milk
- 50 ml carbonated water
- 80 g wheat flour
- 1 tablespoon rapeseed oil
- 3 tablespoons fluffy cream cheese
- 3-4 Sokoliki wieners

In addition, for the colourful pancake version:

- 1/2 teaspoon freeze-dried spinach powder
- 1/2 teaspoon freeze-dried beet powder
- 1/2 teaspoon freeze-dried pumpkin powder

Salad:

- 1 large handful corn salad
- grapeseed oil
- handful beet sprouts
- 2 cucumbers
- 6 radishes
- 2 tablespoons canned corn
- 3 tablespoons pumpkin seeds
- Himalayan salt, freshly ground pepper

PREPARATION:

1. Fry pumpkin seeds on a dry pan.
2. Mix milk, water, egg, oil and flour until a smooth paste is formed. If you want to prepare colourful pancakes, divide the dough into 3 parts and add one of the freeze-dried vegetable pastes to each.
3. Fry 3-4 pancakes (1 minute on each side) and then cool them down, spread a thin layer of cream cheese, wrap sausages in them and cut them into 1 cm thick pieces.

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4. Slice radishes and cut them into quarters. Peel cucumbers, cut lengthwise, remove the flesh and cut into half slices.
5. Put corn salad leaves into a lunch box, sprinkle them with oil, add corn, cucumber, radishes, pancake rings, beet sprouts and pumpkin seeds. Season to taste with salt and pepper.