

Crepes

This recipe can be found in "Living on Live Food" by Alissa Cohen. It can be made with any raw fruit that is in season.

Shells:

5-6 RIPE bananas

Filling:

1 c macadamia nuts

1 c cashews

1 large lemon, juiced

4 t honey

2 t Bragg's

1 t vanilla

2 t water

Strawberry Sauce

1 ½ c strawberries (or other fruit)

1-2 Tbsp Honey

Instructions:

Shells:

1. Put bananas in food processor and blend until smooth.
2. Spread on Teflex sheet
3. Dehydrate for 14hours or less
4. Remove from dehydrator and slice into strips (about 4" x 2")

Filling:

Place filling ingredients in a food processor and blend until smooth

Strawberry Sauce:

Combine strawberries and honey in food processor until smooth.

To Assemble:

1. Pour strawberry sauce onto plate in a thin layer so as to cover bottom of plate.
2. Place scoops of filling on fruit leather and roll up. Place on plate with enough room in between so they are not touching.
3. Pour strawberry sauce over the rolled up crepes.
4. Let crepes sit for at least a couple of hours before serving.