

# Raw Vegan Eggplant Roll-Ups

**Taste!**  
York Fresh Food Farms

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## INGREDIENTS:

- 1 large, slender, and long eggplant
- 1 cup hummus
- 1 red bell pepper, thinly sliced
- 1 cucumber, thinly sliced
- A handful of spinach leaves
- Fresh herbs (like basil or parsley), chopped (optional)
- Salt and pepper to taste

## INSTRUCTIONS:

- 1 Cut eggplant lengthwise into thin strips, about as thin as a pencil.
- 2 Lay the eggplant strips flat on a clean surface.
- 3 Spread hummus on each strip.
- 4 Put some slices of red bell pepper, cucumber, and spinach on top of the hummus.
- 5 Sprinkle on some herbs if you want, and add a little salt and pepper. Roll up each eggplant strip carefully.
- 6 Eat right away or save them for later in the fridge.