

# Raw Vegan Choco Roll with Pistachio

Makes 10

*You'll need:* food processor, blender

*Preparation time:* 15 minutes

*Total time:* 45 minutes

## Ingredients for the rolls:

1/2 cup dates

1/2 cup raisins

1/4 cup sunflower seeds

1 cup buckwheat (or you can substitute with the mix of flax seeds and rolled oats)

1 tbsp coconut or filtered water

2 tbsp coconut butter



Place all ingredients into a food processor fitted with the S blade and process until ingredients form a sticky ball. Remove dough from processor and form it into a loaf, roll flat with a rolling pin (roll into a rectangle) then cut into 2 long strips out of 1 sheet then cut again into 5 and form into rolls. Place them on a sheet of baking paper and let sit them in the freezer to firm - about 30 minutes.

## Ingredients for chocolate cream:

1 ripe avocado

1+ 1/2 banana

chia 'egg' \*\*

1 heaping tbsp cacao powder

1 tsp lucoma powder

1 tbsp nut milk

few drops stevia or date paste

few drops vanilla extract

zest of 1/4 lime

\*\* Ingredients:

1 tablespoon Chia meal (seeds that have been ground)

3 tablespoons filtered water

Whisk meal and water together and let stand 5-10 minutes until thick, gelatinous.

Blend all ingredients till smooth, pour the mixture into a piping bag and fill the rolls.

1/3 cup crushed pistachio

Decorate, Serve and Enjoy!