CLAIMS

1. A lamina comprising at least 90% w/w dried vegetables, the vegetables sliced, cut or grinded into a desired shape, wherein the lamina has a thickness of 0.5-4 mm, a water content in a range of 5%-35%, and a water activity (aw) of 0.2-.0.6, wherein the lamina is configured to withstand disintegration during storage and to allow controlled disintegration into edible vegetables when cooked.

2. The lamina of claim 1, wherein the dried vegetables comprise sliced vegetables and wherein the slices are adhered together, such that two neighboring slices at least partially overlap.

3. The lamina of claim 1, further comprising a natural edible adhesive for adhering the vegetables together, wherein the natural adhesive may be a natural constituent of the vegetable and/or it may be added to the vegetables and wherein the adhesive covers at least a portion of the overlapping surfaces of the vegetable slices.

4. The lamina of claim 3, wherein the adhesive comprises a plant resin, a natural mucilage and/or gum plant gum.

5. The lamina of claim 1, wherein the lamina is devoid of oil or added fat.

6. The lamina of claim 1, wherein the lamina has a strength of 0.05-0.5Mpa.

7. The lamina of claim 1, wherein the lamina has a water content in a range of 5%-25%.

8. The lamina of claim 1, wherein the lamina has a thickness of 0.5-2 mm.

9. The lamina of claim 1, wherein the lamina has a water content in a range of 10%-35% in a first moldable configuration and a water content of 5%-15% in a second non-moldable final configuration.

10. The lamina of claim 9, wherein the lamina has a water activity (aw) of 0.3-.0.5 in its final non-moldable configuration.

11. The lamina of claim 1, comprising at least 95% w/w dried vegetables.

12. The lamina of claim 1, being devoid of artificial ingredients and synthetic chemicals.

13. A ready to cook meal capsule comprising:

    an outer encapsulating lamina having a thickness of 0.5-4 mm and a strength of 0.05-0.5Mpa, the lamina comprising at least 90% w/w dried vegetables sliced, cut or grinded into pieces, a core comprising a dry, essentially non-cooked food product, wherein the lamina of the ready to cook-meal capsule has a water content in a range of 5%-15% and a water activity (aw) of 0.2-0.5, and wherein the lamina is configured to withstand disintegration during storage and even when immersed in room temperature water, and to allow controlled disintegration into edible vegetable slices when cooked, thereby facilitating time-adjusted cooking of the dry, essentially non-cooked food product.

14. The ready to cook meal capsule of claim 13, wherein the outer encapsulating lamina comprises a first lamina and a second lamina, wherein a rim of the first lamina and a rim of the second lamina are adhered to one another, thereby generating a closed capsule encapsulating the dry essentially non-cooked food product.

15. The ready to cook meal capsule of claim 14, wherein at least the first lamina is molded into a bowl shaped.

16. The ready to cook meal capsule of claim 13, wherein the lamina further comprises a natural edible adhesive adhering the vegetable pieces to each other

    and wherein an amount and type of the adhesive are determined based on the amount of time required for cooking the dry, essentially non-cooked food product.

17. The ready to cook meal capsule of claim 13, having a water activity (aw) of 0.3-0.4.

18. The ready to cook meal capsule of claim 13, having a shelf life of at least 3 months at room temperature.

19. The ready to cook meal of claim 13, being devoid of artificial ingredients and synthetic chemicals.

20. A breakfast capsule comprising:

    an outer encapsulating fruit lamina having a thickness of 0.5-4 mm and a strength of 0.05-0.5Mpa, the lamina comprising at least 90% w/w dried and sliced, cut, grinded or mashed fruits,

a core comprising nuts, seeds, cereals, dried fruits or any combination thereof;

wherein the lamina of the breakfast capsule has a water content in a range of 5%-15% and a water activity (aw) of 0.2-0.5, and wherein the lamina is configured to withstand disintegration during storage and to allow disintegration thereof when hydrated.