

Wraps

4 SERVINGS 15 MINUTES



INGREDIENTS

- 4 Eggs (large)
- 2 tbsps Water
- 1/2 cup Tapioca Flour
- 2 tsps Extra Virgin Olive Oil (or melted ghee or coconut oil)
- 2 tsps Coconut Flour
- 1 pinch Sea Salt

DIRECTIONS

- 01 Crack the eggs into a bowl and whisk in the olive oil and water.
- 02 Add all the dry ingredients, tapioca, coconut flour and salt and whisk until smooth and well combined.
- 03 In a small heavy bottomed frying pan over medium heat, pour in about 1/4 or about 1/3 of a cup of the batter and immediately roll it around to evenly coat the bottom. The wrap should start to lift up from the edges as it cooks.
- 04 Cook for 1 minute on each side or until golden.
- 05 Serve immediately or store flat in the fridge or freezer.

NOTES

SWEET?

Add 1 tsp of vanilla paste or essence to the batter and serve with berries or stewed apples.

OTHER USES

These wraps are versatile! Tortillas! Cannelloni! Enchiladas! Sweet or savoury crepes! Tomato & cheese toasties! They hold up really when folded or wrapped so get experimenting.

BATCH COOKING

I always make at least a double batch of these and use them for the next few days for meals. They also freeze well lying flat.

FLAVOUR

You can add a teaspoon or two of dried chives, basil or parsley or even a pinch of lemon zest or cracked pepper.