

Flaxseed Wraps

This is one of the items' that I have had difficulty finding a good one that doesn't crumble and fall apart. So I'm looking forward to trying it out and finding a winner.

Yield: 1 wrap

Ingredients

- 3 tablespoons ground flaxseeds
- 1/4 teaspoon baking powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon paprika
- Pinch of sea salt or celery salt
- 1 tablespoon coconut oil, melted plus more for greasing the pan
- 1 tablespoon water
- 1 large egg

Preparation

1. Mix together the ground flaxseeds, baking powder, onion powder, paprika and salt in a small bowl. Stir in the 1 tablespoon coconut oil. Beat in the egg and tablespoon water until blended.
2. Grease a microwave safe pie plate with coconut oil. Pour batter in a spread out evenly over bottom. Microwave on High for 2 – 3 minutes **Twists** I don't really like using a microwave I would be tempted to try in a frying pan on a low heat.
3. To remove, lift up an edge with a spatula.
4. Flip wrap over and top with your desired ingredients.

Twists

1. Substitute vegetable juices for water (carrot, spinach)
2. Maybe try cumin instead of paprika – or lemon and dill, the options are nearly limitless.

Wraps can be refrigerated and will keep for a few days.