

## FLAX WRAPS

*Serves 4 wraps*

### INGREDIENTS

- 1 cup hot water
- 1 ½ cups ground flaxseed
- Oil spray
- Seasoning options:
  - Sea salt & pepper
  - 1 Tbls. nutritional yeast, 1 tsp. each garlic powder, paprika, sea salt
  - 1 tsp. each cinnamon & coconut sugar



### INSTRUCTIONS

1. Mix hot water and flaxseed together in a bowl with a wooden spoon along with desired seasonings. Continue stirring 1-2 minutes until a dough forms.
2. Form dough into a ball and transfer to a cutting board, cutting ball into 4 pieces.
3. Spray 2 pieces of parchment paper with oil spray and roll each dough ball between the parchment pieces to create a flat tortilla, about 1/8" thick.
4. Heat a large nonstick skillet over medium heat and cook each tortilla about 2 minutes per side, fill with your favorite toppings and enjoy!

### NOTES

- Fill with anything from sandwich fillings to tuna salad, to egg burrito mixins, to just some melted ghee!
- Once cooked wraps are cooled, can be stored in the fridge for 3-4 days or frozen for 1-2 months.

### NUTRITION

Per serving: 230 kcal; 16g carb; 9g protein; 13g fat; 12g fiber