

Flax Wraps

4 SERVINGS 30 MINUTES



INGREDIENTS

3/4 cup Water
1/4 tsp Sea Salt
1 1/2 cups Ground Flax Seed

NUTRITION

AMOUNT PER SERVING

Calories	210	Carbs	12g
Fat	14g	Protein	9g

DIRECTIONS

- 01 In a pot over high heat, bring the water to a boil. Add the salt.
- 02 Remove the pot from the heat and stir in the flaxseed. Continue to stir until a ball of dough forms, about a minute. Turn the dough out onto a piece of parchment paper and allow it to rest until cool enough to handle. Divide the dough into equal portions.
- 03 Heat a dry non-stick pan over medium heat.
- 04 One portion at a time, roll the dough out approximately eight inches in diameter between two pieces of parchment paper.
- 05 Carefully transfer the rolled out wraps to the pan, one at a time. Cook for one to two minutes per side until just browned but still soft in the middle (do not overcook). Transfer to a cooling rack to cool completely. Enjoy!