



DAIRY AND GRAIN FREE WRAPS (TM6, TM5, TM31)

⌚ 20 min. ⌚ 45 min. 🌱 easy 🍴 8 portions 📊 Per 1 portion: Energy 421.5 kJ, Energy 100.4 kcal, Protein 3.5 g, Carb 5.7 g, Fat 7.1 g, Saturated Fat 1.9 g, Dietary fibre 5.8 g, Sodium 110.5 mg

Preparation

INGREDIENTS

1 garlic clove
70 g coconut flour
20 g psyllium husks
¼ tsp gluten free baking powder
¼ tsp salt
2 eggs
300 g warm water
40 g extra virgin olive oil

USEFUL ITEMS

baking paper, rolling pin, frying pan,
thermal serving bowl or plate, sealable
container

1. Place garlic into mixing bowl and chop **3 sec/speed 7**.
2. Add all remaining ingredients and mix **10 sec/speed 5**. Scrape down sides of mixing bowl with spatula and knead **Dough** **1 min**. Set aside for 5 minutes in mixing bowl. Transfer dough onto a piece of baking paper and divide into 8 pieces (approx. 65 g each). Place each ball between 2 sheets of baking paper and roll each wrap to a 5 mm thickness. Leave the wraps on the sheet of baking paper.
3. Place a medium, heavy-based frying pan over medium-high heat. Flip the wrap into the pan, paper side up, then peel the paper away. Dry fry for approx. 2 minutes (or until wrap bubbles and starts to brown). Turn wrap over and fry 1-2 minutes. Transfer to a thermal serving bowl or large plate and cover to keep warm. Repeat with remaining wraps. Serve warm or allow to cool before serving.

TIPS

- Wraps can be rolled and kept between sheets of baking paper in the refrigerator and dry-fried the next day. Remove the wraps from the refrigerator and bring them to room temperature before dry-frying.
- Cooked wraps can be stored in a sealable storage container in the refrigerator for 2-3 days and reheated in a warm frying pan. Wraps can also be stored in the freezer for 4 weeks, thaw before dry-frying as per recipe.