

# Coconut Wraps

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## Ingredients:

1/4 cup coconut flour  
1/2 cup water  
8 egg whites  
1/4 tsp baking soda  
coconut oil

## Preparation:

1. In a mixing bowl, mix coconut flour, water, egg whites and baking soda together until all ingredients are blended. Note: the mix will look very watery and runny.
2. Heat a frying pan and melt some coconut oil.
3. Spoon in approximately 3 tablespoons of batter and tip the pan so the batter spreads out into a thin layer. Fully cook the wrap until it can be flipped without breaking apart.
4. Cook the other side (it won't take as long). Remove wrap and re-apply coconut oil for the next wrap.