

Flax Wraps

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Ingredients:

3 tbsp ground flaxseeds
1/4 tsp baking powder
pinch sea salt
1 tbsp coconut oil, melted, plus more for greasing the pans
1 tbsp water
1 large egg

Preparation:

Mix together the flaxseeds, baking powder and salt in a small bowl.
Stir in melted coconut oil.
Beat in the egg and water until blended.
Melt coconut oil in pan over medium heat.
Pour in the batter and spread evenly over the bottom.
Cook for 2-3 minutes or until it lifts easily from the pan.
Flip and cook another 2 minutes.
Let cool about 5 minutes.
Use spatula to gently loosen from the pan.
Transfer to plate and top with desired ingredients.