



# Grain-free Wraps

## Grain-free Wraps Recipe



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#### Ingredients

- 6 eggs
- 1 cup coconut milk (dairy- or nut milk will also work)
- 6 tablespoons coconut flour
- 1/2 cup tapioca flour
- 2 tablespoons ghee, plus more for cooking
- 1/2 teaspoon salt

#### Instructions

- Add all the ingredients to a blender. Blend on low speed for 15 seconds. Let the batter sit for 5 minutes and then blend on high speed for 15 seconds more.
- Heat a pancake pan to medium-high heat. Melt a small amount of ghee in the pan. Ladle 1/4 cup of batter onto the hot pan and swirl the pan to help spread the batter evenly over the base of the pan.
- Cook for 45 seconds, until the sides start to lift, then flip the wrap over and cook the other side for 30 seconds. Stack the cooked wraps on a plate.
- Continue until all the batter is used up, greasing the pan between wraps when needed.
- Let cool before serving, and serve with your favourite filling.
- Store in the refrigerator for 5 days or freeze for 6 months.