

Gluten Free Torilla Wrap

Modified from recipe by marilyn at www.pecanbread.com

Ingredients:

- 1/3 almond flour (or other nut flour)
- 1 extra large egg, organic
- 3 tbsp water
- 1/4 tsp cumin powder
- 1/2 tsp garlic powder (homemade)

1. Beat egg and water together.
2. Stir in blended seasonings and flour. Makes a thin mixture.
3. Pour into well oiled toaster oven tray or round cake pan with removable sides. Bake at 300°F for 10-15 minutes
4. Lift out gently. Roll carefully

Variation –

- add 1/3 cup amaranth, oat or teff flour
- add 1/2 cup flax seeds or chia seeds in 3/4 cup water/apple cider
- 1/2 tsp oil
- 1/2 tsp sea salt
- No garlic or cumin powder
- For fluffier pancake like, add pinch of baking powder