

Flax Seed Wrap

Servings: 4 to 5 small tortillas

Prep time – 15 minutes

Cook time 5 minutes

Total time 20 minutes

Ingredients

- 1 cup flaxseed meal*
- 1/2 cup boiling water
- 1/2 tsp. salt

Instructions

1. Add water into a medium-size saucepan and bring it to a boil.
2. Add the salt and flaxseed meal. Turn the heat off and stir immediately with a wooden spoon, until the flaxseed meal absorbs all the water, As you stir, the flaxseed meal will form a dough and gradually un-stick from the saucepan. It take about 1-2 minutes max.
3. Remove the dough from the saucepan and place it on a non-stick surface (I like to use a silicone mat or a piece of parchment paper), When cool to touch, break the flaxseed dough into 4 equal pieces.
4. Roll out each dough ball between two pieces of parchment paper (one on the bottom to keep the flaxseed dough from sticking to the surface and one on top to keep the flaxseed dough from sticking to the rolling pin). Each tortilla should be 1/16" (1.6 mm) thick. Mine were 8.5" (21.5 cm) in diameter.
5. Take a round bowl and place on top of rolled out dough, cut around the edges to make them round. Place extra dough in a pile to make one more tortilla.
6. Preheat a well-seasoned cast iron pan (or any other non-stick pan) over medium heat. Transfer one tortilla at a time to the pan and cook it for 60-90 seconds, depending on your pan and heat. Flip and cook for extra 30-60 seconds. Don't over cook the tortillas or they will become crispy. The tortillas have to be dry, but stay soft to roll.
7. Place the cooked tortillas on cooling rack or plate. Serve warm or cold, they keep their flexibility which makes them versatile.
8. Store leftover (cooled) flaxseed tortillas in an air-tight container in the refrigerator for 4-5 days (possibly longer). For longer term storage, freeze in an airtight container with a piece of parchment paper in between each tortilla (so they don't stick together as they freeze) for up to 1 month.

<https://nutritionrefined.com/flaxseed-wraps/>