

KETO FRIENDLY - Breakfast Wrap

Yield: 1 serving

This wrap makes a very quick, hearty and delicious breakfast.

2	eggs	2
30 ml	flax flour	2 Tbsp
30 ml	water or milk	2 Tbsp
30 ml	cheese, grated	2 Tbsp
	fresh herbs – chives, thyme, basil	to taste
	salt and pepper	to taste
5 ml	oil for the pan	1 tsp

1. In a small bowl, combine the eggs and flax flour.
2. Stir in the grated cheese and herbs; season with salt and pepper.
3. Pour the mixture into a hot frying pan. Fry until the bottom is set, then turn and continue cooking until cooked through.
4. Serve with yogurt, fresh fruit, tomato slices, tomato salsa or syrup.



KETO FRIENDLY - Lunch Wrap

Yield: 1 serving

2	eggs	2
30 ml	flax flour	2 Tbsp
30 ml	water or milk	2 Tbsp
30 ml	cooked meat or fish	2 Tbsp
	salt and pepper	to taste
5 ml	oil for the pan	1 tsp

1. In a small bowl, combine the eggs and flax flour.
2. Stir in the meat or fish; season with salt and pepper.
3. Pour the mixture into a hot frying pan. Fry until the bottom is set, then turn and continue cooking until cooked through.

Stuff this wrap with fresh greens and sprinkle on some delicious dressing.

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