



*cara price*

## PALEO WRAPS

### INGREDIENTS

- 3/4 cup almond flour
- 1/2 cup arrowroot flour
- 1 cup light coconut milk
- 1 tablespoon lime juice
- 1/4 teaspoon salt
- optional: ghee

### DIRECTIONS

Heat a large griddle\* to 350.

In a medium glass bowl, whisk all ingredients together until smooth.

pour about 1/8 cup of mix onto griddle & use the back of a spoon to spread & thin batter out into a circle.

cook on one side until the edges are firm, then flip. once both sides seem done, leave the wrap on the griddle another 5-7 minutes, checking to make sure it isn't browning too much on one side.

these wraps are tricky only in the fact that they will look completely done, but the inside still has to cook through.

serve immediately or cool completely & store in the refrigerator.

\*i use a pancake griddle that is specifically designed to be non stick, if you are using one that isn't or using a large flat bottomed pan, you will want to use a very small amount of ghee to keep the batter from sticking.