

EGG WRAPS WITH TAPIOCA FLOUR



By Food lovers recipes

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1 XL egg

5 ml tapioca flour

Beat the egg, add tapioca flour and mix until smooth.

Fry in medium to hot coconut oil until set, flip and fill with your favourite topping.

I used red pepper, mushrooms, onion and bacon with nutritional yeast instead of cheddar.

One egg makes a small wrap, if you like a thicker/larger wrap, use 2 eggs.

Photo: Lesdee Gloak Bam