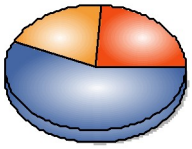
Graeme Thomas Online

Because "Good Enough", Isn't!

http://graemethomasonline.com

Low carb wraps

Recipe grams: 268.50g/9.5oz
Serves 3 89.50g/3.2oz per serving



Protein: 57%
Carbohydrates: 19%
Fat: 24%

INGREDIENTS

1 cup	EGG WHITE, CHICKEN, RAW, fresh
1.5 tbsp	FLAX SEED, GROUND
1 tbsp	Organic Coconut Flour

DIRECTIONS

Heat a crepe pan on low-medium, spray with cooking spray.
Mix the coconut flour, egg white and flax seed.
Spoon 1/3 of the mixture into the crepe pan.
Cook until edges curl slightly, flip and continue cooking 20-30 seconds.

Nutrition Facts

Serving Size: 1 serving (89.5g)
Servings: 1

Amount Per Serving	
Calories 70	Calories from Fat 15
	% Daily Value*
Total Fat 2g	**2%**
Saturated Fat 0g	**2%**
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
Cholesterol 0mg	**0%**
Sodium 135mg	**6%**
Total Carbohydrate 3g	**2%**
Dietary Fiber 2g	**8%**
Sugars less than 1g	
Protein 10g	

Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.