



# Wraps Alternative

## cauli wraps (Tortillas)



**Servings:** 6 wraps  
**Total Time:** 30 mins  
**Cooking Time:** 2-3 mins



### METHOD

Remove all leaves from the cauliflower and break into florets.

Place in a saucepan, cover with cold water and bring to a boil.

Reduce the heat and simmer for about 15 mins until mushy.

Drain well of all moisture.

Using a food processor, puree the cauliflower until smooth.

Add the psyllium husks, eggs & salt and blend well for the mixture to fully absorb the husks.

Remove from the food processor to a plate and leave to thicken for 15 mins.

Break the dough into 6 balls and using generous amounts of coconut to flour, roll gently & firmly by hand into a tortilla shape.

In a heavy-based frying pan on a medium heat, dry fry each wrap on both sides until lightly browned and cooked through.

### INGREDIENTS

500g cauliflower, broken into florets

4 Tbsp psyllium husks

2 eggs

¼ tsp salt

coconut flour to dust



### TIPS

\* To obtain the best results, roll the dough out gently using short rolling actions while flipping & dusting regularly.

\* The wraps can be frozen between wax paper and defrosted at room temperature as needed.

