



Westlands



Nutritiously Monica

@nutritiouslymonica

CHIA SEED WRAPS

INGREDIENTS

- 1 cup** chia seeds
- 1 cup** almond flour
- 1 cup** coconut flour
- 1 tsp** baking powder
- Pinch** of salt
- 1/2 cup** warm water
- Westlands** Petite Leaf Salad Mix

METHOD

1. Blitz chia seeds into a flour using a blender
2. Add all dry ingredients into a mixing bowl
3. Slowly add lukewarm water until a soft dough
4. Drizzle a small amount of olive oil on both sides of the dough and place onto parchment paper. Then roll out evenly
5. Add the rolled dough to an oiled (greaseproof) frying pan and cook on both sides
6. Add your filling
7. Garnish with Westlands Petite Leaf Salad Mix

PREP TIME | 15 minutes

COOK TIME | 35 minutes

READY IN | 50 minutes