

EGG WRAP

INGREDIENTS

- 2 tbsp. konjac flours
- 3 egg whites or 6 tbsp. egg whites
- Salt and pepper to taste
- About 1 tsp. Avocado oil spray per wrap



PREPARATION

1. In a medium sized bowl, add your ingredients and mix until it's fully combined.
2. Now, in a skillet, spray avocado oil and add your batter. Swirl until it covers the whole pan.
3. Cook for 1-2 minutes and then flip to cook the other side!
4. Wrap your favorite veggies or chicken bites and enjoy!

