

GLUTEN-FREE AMARANTH WRAPS RECIPE



These gluten-free wraps are the perfect vehicle for piles of Mexican fajita toppings, slathering with hummus and your favourite Mediterranean veggies or scooping up the last of that delicious curry from the bowl!

In this recipe we've used three different types of flour to achieve that soft, and pliable texture. We know you'll enjoy this recipe!

Adapted From Bob's Red Mill

Ingredients:

- 1/2 cup almond flour
- 1 cup amaranth flour
- 1/2 cup tapioca flour
- 1/2 tsp. baking soda
- 1/4 tsp. sea salt
- 1 tsp. baking powder
- 2 tbs. apple cider vinegar
- 1 1/2 cups water
- oil for frying

Directions

1. Combine all three flours, baking soda, salt and baking powder until combined.
2. Add the water and apple cider vinegar and stir until the flour is combined.
3. Heat a heavy frying pan to medium and add a little oil for frying.
4. Add 2 tbs. of batter into pan. With the back of the spoon, quickly spread the batter to make a thin pancake about 10 cm (4 inch) in diameter.
5. Cook on one side until bubbles begin forming on top. Flip and cook on the other side for a couple of minutes, or until it is browned.
6. Once cooked, store the wraps under a towel to prevent them from drying up while you continue to cook the rest.
7. Store leftover wraps in an air tight container to prevent them from drying out.