



PALEO WRAPS, NAAN, BATTER & CRACKERS

PALEO WRAPS

INGREDIENTS

½ cup Arrowroot flour
1 Tbsp. Coconut Flour
Pinch salt
4 eggs
1 Tbsp. Coconut oil

INSTRUCTIONS

- 1) Combine dry ingredients in a bowl to make a powder.
- 2) Add wet ingredients to bowl and combine
- 3) Rest for 5 mins
- 4) Roll wraps into desired shape, score with the blunt edge of a knife and bake in oven for 170° C until golden brown.

PALEO NAAN

INGREDIENTS

Pinch salt
½ cup Arrowroot flour
1 Tablespoon coconut flour
4 eggs
1 Tablespoon coconut oil
30ml coconut milk

INSTRUCTIONS

- 1) Place all ingredients in a blender & process until combined.
- 2) Heat oil in frypan, add desired amount of mixture and cook for 30 seconds on each side.

PALEO CRACKERS

INGREDIENTS

60g Tapioca flour
¼ teaspoon baking powder
120g Sunflower seeds
25g Chia seeds
½ teaspoon sea salt
30ml apple cider vinegar
30ml warm water

INSTRUCTIONS

- 1) Combine dry ingredients in blender to form a powder.
- 2) Add wet ingredients and combine
- 3) Rest for 5 mins and then separate into cracker sized pieces. Roll, score & bake for 160°C until golden.
- 4) Store up to 1 week

PALEO BATTER

INGREDIENTS

Batter

$\frac{3}{4}$ cup Tapioca flour

$\frac{1}{4}$ cup coconut flour

1 teaspoon garlic salt

1 teaspoon salt

2 eggs

$\frac{1}{4}$ cup sparkling water

INSTRUCTIONS

- 1) Blend together until combined and use to batter whatever you like (e.g., zucchini, chicken, fish etc.)