



# Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

## *Flatbread Wraps*

*4g NET Carbs (Low Carb Keto)*

This is the best Flatbread wraps to date (June 5<sup>th</sup> 2021). This is a recipe that gives these flatbread wraps **more elastic, stretchy** and strong style flatbread wraps. it doesn't break or tear easily. It's as good as any high carb wraps.



**9 Servings – 1 Serving = 143. Calories / 4g. Net carbs / 5g protein / 9g. Fat**

### INGREDIENTS

1/4 cup coconut flour  
1.5 cup almond flour  
1 Tbsp Xanthum Gum  
1 Tbsp of salt  
5 Tbsp psyllium husk

1 Tbsp baking soda  
2 Tbsp yeast  
1 Tbsp apple cider vinegar  
Olive oil for frying  
1-1.5 cups of WARM water

### Instructions:

1. Add all dry ingredients to bowl then mix together
2. Add wet ingredients to the dry ingredients mix while adding ½ of warm water at one time. Mix and add more water as needed. The dough needs to be wet but not too wet. (Check video for visual)
3. Roll dough into a log, cut 9 even pieces. Take each piece and roll between 2 pieces of parchment paper, make sure you use good parchment paper in order to remove the finished flatbread from the underside of the parchment paper with ease. (Size 6"-7")
4. Add oil to sauce pan on low heat. Add 1 flatbread and cook for 1.5-2mins or unit the edges start to brown then flip and cook for 1.5-2mins.
5. Let cool completely before serving or before adding any toppings. Enjoy!