



*Low Carb Diabetes Association*

Low Carb Diabetes Association  
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## FLAX WRAP

### Ingredients:

- \*1 1/2 cups of ground golden flax seeds (or sesame seeds)
- \*1 tbsp oil
- \* Water
- \* Optional - toast cumin or garlic or any spices or herbs of your choice
- \* Coconut flour
- \* Optional – Celtic Sea Salt or Real Salt

### Directions:

1. Mix oil and flax flour together
2. Slowly add water and stir
3. Keep adding water little by little until you get a sticky dough (oatmeal consistency)
4. Let sticky dough sit for one hour to absorb moisture
5. Divide into 4 balls
6. Use coconut flour to dust board so dough does not stick when you roll it out
7. Roll out using a rolling pin as thin as possible
8. Thoroughly oil a pan
9. Place one tortilla in the pan and heat for a minute or so
10. Flip over to do the same

Very flexible wrap, good for filling with shredded lettuce and onion, hot sauce, sliced tomato etc.