GLOBAL · BREAKFAST · LUNCH

Three-Ingredient Flaxseed Wraps

25 min · Makes 5 × 1 wrap · 115 kcal a portion · Video 7:57 · NutritionRefined

Vegan · Gluten-free ingredients · Nut-free

Just flaxseed, water and salt: each wrap is vegan and gluten-free with almost no net carbs, gives 6 g fibre, is a good source of magnesium and has more than a day's plant omega-3 (ALA).

Diet notes: Keto (0.3 g net carbs a serve).

Scan for the video, full nutrition and more free recipes

Ingredients

3 · MAKES 5 × 1 WRAP

- [ ] 108 g **flaxseed meal**, ground very fine
- [ ] 160 ml **water**, boiling
- [ ] ½ tsp (2.9 g) **salt**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. If starting from whole seeds, blend about 160–180 ml golden or brown flaxseeds to a very fine meal in a high-speed blender. 0:20
2. Bring the water to a full boil, take it off the heat, add the salt and flaxseed meal and stir for 1–2 minutes until the water is absorbed and a dough forms. 1:07
3. Turn the dough onto a non-stick surface, let it cool until you can handle it, then divide into 4 pieces. 2:08
4. Roll each piece between two sheets of baking paper to about 1.5 mm thick and cut a 21 cm round with a bowl or lid; re-roll the scraps into a fifth wrap. 2:28
5. Cook each wrap in a preheated non-stick or well-seasoned cast-iron pan over medium heat for 60–90 seconds, flip and cook 30–60 seconds more — don't overcook or they turn crisp. 3:48

> **Tip** The cook fills hers with sprouted hummus and vegetables; for keto use guacamole, egg or chicken salad, or smoked salmon. They keep 4–5 days in the fridge, or a month frozen with baking paper between them.

The method is a summary in our words — the video shows every step.

One portion (1 wrap) gives you

1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
115 kcal	4 g	6.2 g	5.9 g	9.1 g	230 mg
480 kJ	8% of a day	0.3 g net · 0.3 g sugars	21% of a day	0.8 g saturated	10% of a day
		2% of a day		12% of a day	

Energy from net carbs 1% · protein 16% · fat 83% — fits keto: 0.3 g net carbs, 83% of the energy from fat

High in (20%+ of a day) Omega-3 308% · Magnesium 20%

Source of (10–19%) Selenium 10%

Recipe and video: NutritionRefined (@NutritionRefined) on YouTube — youtube.com/watch?v=cCzgAeAlOqE, published 8 March 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/three-ingredient-flaxseed-wraps