



### Go Healthy. Go Clean. Go-low.

We've taken the classics and turned them into low carb, high taste, everyday staples and treats, with no nasties in sight! Wholesome through and through, they're super easy to rustle up and before you know it you'll be tucking into homemade goodness while staying on track with inner keto karma.

The wrap is back and the possibilities are endless! With delicious healthy options for the whole family, you can create anything from a breakfast wrap or lunch on the go, through to Mexican burritos or fajitas for dinner! Best of all, they're super easy to make, low carb and packed full of fibre. And that, as they say 'is a wrap!'

#### HEALTHY FATS – NUTRIENT DENSE – SIMPLE WHOLEFOOD INGREDIENTS – NO NASTIES

#### First, get your hands on:

230ml hot water  
1 tbsp olive oil

#### Ok now...

- Add hot water & oil, mix to form a dough ball, divide into 8.
- Place between 2 sheets of greaseproof paper/cling film, roll as thinly as possible to 7-8" wide.
- Peel off top layer and cut around a plate to form the perfect wrap.
- Tip wrap into a lightly greased non-stick pan or dry fry for 1-2 mins each side or until lightly browned.
- And you're done, it's that easy!
- Cover and store in fridge for up to 7 days/freeze up to 3 months.

**Tip:** This is a very forgiving dough, any mistakes just patch up and re-roll. If the mix seems too dry add just 1 tsp of hot water at a time. Simply half recipe to make 4 wraps and reseal bag.

#### Nutrition Information

Serving size: 32g per wrap

Servings per packet: 8 (7-8" wraps)

Typical Value	Per Serving	Per 100g
Energy	363kJ/87 kcal	1130kJ/270kcal
Fat, total	6.3g	19.6g
- saturated	1.6g	4.9g
Carbohydrate	1.5g	4.6g
- sugars	1.0g	3.3g
Fibre	7.4g	23g
Protein	2.7g	8.5g
Salt	0.5g	1.7g

#### Low down on ingredients:

Coconut Flour, **Sesame Seeds**, Linseeds, Psyllium Husk, Sea Salt, Garlic Powder, Pepper.

**Allergens in bold.**

Made in a facility that handles nuts.

[www.golowbaking.co.uk](http://www.golowbaking.co.uk)



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Best Before



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