

Zucchini Wraps

A KitchenInspirations Original Recipe

Makes 6 wraps 15 cm (6-inch) diameter (they shrink quite a bit)

Ingredients:

- 400 g (4 cups) raw zucchini, grated
- 30 g (1/4 cup) coconut flour
- 5 g (1/2 tsp) sea salt
- 125 mL (1/2 cup) egg whites, lightly whisked
- Non-stick spray



Directions:

1. Preheat the oven to 200° C (400° F).
2. Combine the grated zucchini with the coconut flour and toss until evenly coated. Add the salt.
3. Pour the egg whites over the zucchini and mix well. Allow to stand for 5 minutes.
4. Line a baking sheet with parchment (I have only tested this recipe with parchment, not Silpat or any other silicon matt). Spray well with non-stick spray.
5. Tightly fill an 80 mL (1/3 cup) measuring cup with the zucchini mixture. Turn out onto the prepared parchment and using the back of a fork, spread out the zucchini to make a 20 cm (8-inch) diameter pancake, the same thickness throughout (they will shrink to about 15 cm (6-inch)).
6. Bake for 30 minutes or until golden along the edges, carefully flipping about halfway through. Spray lightly with non-stick spray before you flip.