

# LOW CALORIE TORTILLA WRAPS

*easy to make tortilla wraps*

## ingredients:

30 g flour  
100 ml of water  
1 egg white  
pinch of salt  
prefered seasonings

## instructions:

Combine all of the ingredients in a bowl. Add salt and preferred seasonings. Blend everything together and let the batter rest for a minute. Use a non stick pan. If you use a regular pan add some cooking oil spray to the batter or spray the pan with it. Pour some batter in a pan and cook on medium heat for 2-3 minutes on both sides. Add your favourite ingredients to make a tortilla or wrap and enjoy!

*strawberrylattelover*

# Tortilla Recipe Lo Cal

**Alicia C. Simpson**



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