

WRAPS
(Proprietary recipe of Yad Never Know Bakery)

1 Pkg. 7 grams instant yeast
1 cup warm water
2 tsp organic sugar
1 tsp salt
3 tbsp melted butter
2 ½ to 3 cups AP flour blend
½ tsp xanthan gum
1 tbsp egg replacer

In a bowl pour 1 cup warm tap water
Add yeast, sugar, salt and butter, stir to dissolve yeast
Add flour one cup at a time, using only enough flour to make dough easy to handle.
On a lightly floured surface knead dough to smooth
Divide dough into 6 equal portions
Roll out each ball to 10" diameter
Heat flat bottom pan cook wrap 2 minutes per side
Place on cookie sheet and cover with damp towel

Prep time 15 min
Cook on med/high stove
2 min per side
Yields 6 wraps

Option 2 Crisp flatbreads

Follow the above recipe. Get a cookie sheet spray with cooking spray
Put the wrap on sheet and brush with a beaten egg.
Sprinkle with sesame seeds, salt and pepper
Bake in a 400 F oven for 8 minutes.

Serve with dips or cheese.

Quesadillas

An easy recipe fun to make fun to eat

Star ingredients

2 – 6oz Chicken breasts cooked
4 oz Brie cheese
6 oz roasted red pepper
4 wraps

Directions:

Slice chicken breasts into thin strips. Top ½ of a wrap

Top with cheese and roasted red pepper

Fold over in ½.

Spray a grill top or fry pan place quesadillas on heated grill for 3-4 minutes to brown. Flip over and grill for another 3-4 minutes.

Slice and serve with mango chutney.

Mango Chutney

1 mango diced
1 shallot or red onion finely dice
¼ cup brown sugar firmly packed
½ tsp Cayenne Pepper
1 cup orange juice

Put all ingredients in pot and simmer for ½ hour to 45 minutes, stirring occasionally. Chill before serving.

Tuna Salad
Great for lunches

1 tin Yellow fin tuna
1 medium sized ripe avocado
1 medium apple diced
Zest and juice of 1 lemon
Salt and pepper to taste
½ cup chopped parsley
2 wraps
2 lettuce leaves

Break tuna up with a fork, add avocado and mash up into tuna.
Add remaining ingredients
Place lettuce leaves on top of wrap
Spoon tuna salad on top of wraps
Roll up tucking in the ends.
Slice in ½ on the bias.