



Cassava Flour Breakfast Wraps

These cassava flour tortillas only require four simple ingredients to tastefully replace breakfasts made with grain or gluten.

Cooking level: **Intermediate**

Contains: eggs, peanuts, sesame

Servings:
8 medium-sized tortillas

Prep time:
20 minutes

Cook time:
5 minutes

Total time:
25 minutes



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What you'll need

- Large mixing bowl
- Parchment paper
- Rolling pin
- Iron skillet or nonstick pan

Ingredients

Tortillas*:

- 1½ cups cassava flour
- ½ tsp. salt (or to taste)
- ¼ cup olive oil + 1 tbsp. to be added and heated in cooking pan
- ¾ cup warm water

*You can also purchase pre-made cassava tortillas at your grocery store; however, check the ingredients to avoid products with added sugar.

See next page for step-by-step filling instructions.

Filling option 1—Egg & avocado:

- ½ avocado
- 2 scrambled eggs
- ½ tbsp. Everything But The Bagel sesame seasoning

Filling option 2—Peanut butter & banana:

- 2 tbsp. organic peanut butter†
- 1 small banana, sliced
- Sprinkle of cinnamon

†Important note: Nuts may be triggering during flare-ups.

Cooking steps: Tortillas

- 1 Combine **1½ cups cassava flour** and **½ tsp. salt** in a large mixing bowl.
- 2 Add **¼ cup olive oil** and **¾ cup warm water** to the mixture. Really dig into the dough mixture with your hands until it forms a cohesive ball.
- 3 Divide the ball of dough into 8 equal portions.
- 4 Take 1 portion of dough at a time and place it between 2 pieces of parchment paper. Flatten each dough ball with a rolling pin to a desired thickness.
- 5 Heat **1 tbsp. olive oil** in a large cast-iron skillet or nonstick pan.
- 6 Cook each tortilla separately in the pan for 1-2 minutes on each side or until they start to bubble and have golden brown spots.*

*Extra tortillas can be refrigerated or frozen. If storing refrigerated, keep in a plastic or glass container to be used within one week of making. If storing frozen, place parchment paper between tortillas and place in a freezer bag or wrap in foil. Please discard tortillas after 6 months in the freezer.

Disclaimer: Information purposes only. The recipes and grocery guides are not intended to diagnose, treat, cure, or prevent any disease. Please consult with a healthcare professional regarding any medical or health-related diagnosis or treatment options.



Filling option cooking steps

Egg & avocado filling:

- 1 Scramble 2 eggs.
- 2 Combine eggs with ½ avocado and ½ tbsp. **Everything But The Bagel sesame seasoning** for a satisfying combination of protein, nourishing fat, and savory flavor.

Peanut butter & banana filling:

- 1 Spread 2 tbsp. **organic peanut butter** inside the tortilla.
- 2 Add 1 sliced **banana**, then lightly sprinkle with cinnamon.



Nutritional info

Cassava Flour Wraps (1 wrap)	
Calories	172
Total fat	9 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	147 mg
Carbohydrate	23 g
Fiber	1.5 g
Sugar	0 g
Protein	0 g

Cassava Flour Wrap with Egg & Avocado (1 wrap)	
Calories	467
Total fat	33 g
Saturated fat	7 g
Cholesterol	338 mg
Sodium	427 mg
Carbohydrate	31 g
Fiber	6 g
Sugar	0 g
Protein	14 g



Nutritional info

Cassava Flour Wrap with Peanut Butter & Banana (1 wrap)	
Calories	461
Total fat	27 g
Saturated fat	5 g
Cholesterol	0 mg
Sodium	248 mg
Carbohydrate	52 g
Fiber	8 g
Sugar	13 g
Protein	9 g