



Tortilla Wrap

Ingredients:

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| 1 packet of IP Crispy Cereal | 1-2 tsp grape seed oil - optional |
| 1/4 tsp baking powder | 1 oz egg white |
| 1 oz water | |

Directions:

With a blender, bullet, or small ninja, blend the crispy cereal until a fine powder is achieved. In a small bowl place the rice powder and 1/4 tsp of baking powder, and mix well. Now add the 1 ounce of egg white and 1 ounce of water and whisk until smooth.

Oven method: Preheat oven to 350 degrees.

Line a baking sheet with parchment paper, or a silicon baking mat. Pour your batter onto your covered sheet and spread into a thin circle, the thinner the better. Bake 8-10 minutes for a soft tortilla wrap, press center to make sure it is cooked through.

Frying Pan Method: Low / Medium heat

Heat non stick fry pan over low medium heat, spread batter thin in a round with the back of a spoon or spatula, flip cooking both sides evenly.

Crispy Shell:

While still warm press your tortilla into a 6-inch shallow dish, that is oven safe, oven safe cereal bowls work as well.

Bake at 350 for an additional 20 to 30 minutes until shell is crisp.