

## Flaxseed Wrap

3Tbsp. flaxseed  
¼ tsp. baking powder  
¼ tsp. garlic or onion powder  
¼ tsp. paprika  
Pinch of sea salt  
1 Tbsp. coconut oil  
1 Tbsp. water  
1 large egg

Mix and pour into plate. Microwave for 2 minutes.