



## **Nourishing Families 2019 – Term 1 Class 1**

### **Back to School**

#### **High Protein Wrap Breads & Choc coconut seed spread**

##### **Wraps**

In the heat of summer large amounts of bread becomes less attractive. These 3 wrap ideas make lighter alternatives to hold tasty nutritious filling. They are all gluten free – some even grain free altogether.

##### **Lettuce Leaf Wraps**

Using the leaves of lettuce, Ice berg or Cos work well, makes a great alternative to bread for wrapping up tasty ingredients.

##### **Nori Sheet Wraps**

Using Yaki Nori Sea weed Sheets, make another, mineral rich, alternative to bread for wrapping up tasty ingredients. Try scrambled egg and avocado and toasted sesame seeds for nourishing fats and proteins.

##### **Protein Wraps**

These wraps are quick and simple to whip up and can be stored in the fridge in a sealed container for a few days. Wrap them around any sweet or savoury filling ideas that tickle your fancy, they are super versatile.

##### **INGREDIENTS:**

4 eggs  
20g sesame seeds ground fine  
20g sunflower seeds ground fine  
A pinch sea salt  
¼ tsp dulce flakes  
¼ tsp sumac  
60g tapioca flour  
6 tsp coconut oil or ghee

##### **METHOD:**

Whisk all the ingredients except the fat together in a large bowl, adding 2 Tbsp of water.

In a medium size non-stick (a well seasoned cast iron one is my favourite) pan, heat 1 tsp of oil or ghee, tip the pan to coat the frying surface.

Pour in ¼ cup of the batter and tilt the pan around to spread the batter evenly over the surface.

Cook over medium heat for till lightly golden on the underside, about 1-2 mins.

Flip and cook on the other side till it looks the same, around 30 seconds.

Remove from pan and set aside.

Repeat with the remaining batter and fat.

### **Filling Ideas**

Hummous  
Pesto  
Tahini sauce  
Avocado  
Tomato  
Grated or finely sliced carrot  
Red onion finely sliced  
Capsicum finely sliced  
Toasted seeds  
Baby spinach  
Rocket  
Pitted olives  
Salmon or tuna  
Chicken  
Cheese  
Sprouts  
Hard boiled/scrambled egg  
Lettuce

### **Choc-coconut Seed Spread**

This is a nutritious and delicious alternative to Nutella. Spread it on seed or rice crackers for morning tea or snacks. Keeps in a sealed glass jar for about 2 weeks in the fridge if it lasts that long ;).

#### **INGREDIENTS:**

200g sunflower seeds  
2 Tbsp coconut oil  
30g raw cacao powder  
125ml raw honey or maple syrup  
pinch of Celtic sea salt  
100ml coconut milk  
¼ tsp vanilla extract

#### **METHOD:**

Add the sunflower seeds to a high speed blender or food processor and blend till fine powder forms. Add coconut oil and blend again till smooth paste. Add remaining ingredients and blend to combine well, scraping sides of bowl as necessary. In about 2-3 minutes you should have a smooth, spreadable, delectable paste.

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