

Carrot Flax Tortillas

Ingredients

- 1 cup grated carrot
- ¼ cup ground flaxseed
- ¼ cup chickpea flour
- ¼ tsp salt
- 2 tbsp water

Instructions

1. Combine all ingredients into a dough.
2. Divide and roll out between parchment paper.
3. Heat a non-stick pan and cook each side for 2–3 minutes.
4. Use for wraps, tacos, or sandwich bases.

Health Benefits

- Flaxseed: Keeps bowels regular and supports skin health
- Carrots: High in beta-carotene and vitamins
- Chickpea flour: Boosts protein and fiber