

Flaxseed Flatbread (Low-Carb & Gluten-Free)

Ingredients

- ½ cup ground flaxseed
- ¼ cup almond flour
- ¼ tsp salt
- ¼ tsp garlic powder (optional)
- 1 egg
- 3 tbsp warm water

Instructions

1. Preheat a skillet over medium heat.
2. In a bowl, mix all dry ingredients.
3. Add the egg and water, stirring until a dough forms.
4. Let the dough sit for 5 minutes to thicken.
5. Divide into two and roll each flat between parchment paper.
6. Cook on the skillet for 2–3 minutes per side, until golden.
7. Serve warm as sandwich wraps or alongside meals.

Health Benefits

- Flaxseed: Excellent fiber, helps regulate blood sugar
- Almond flour: Protein-rich and low-carb
- Egg: Great source of B vitamins and healthy fat
- Garlic powder: Anti-inflammatory boost