

## No Nut Hemp Wraps

This recipe is under testing and not available for sale.

### Ingredients:

100g Hemp Seeds (hulled)  
730g (four cups) filtered water  
400g tapioca flour  
80g Australian extra virgin olive oil  
2 teaspoons of grain free baking powder  
2 teaspoons of salt  
40g golden flaxseed meal  
80g coconut flour

### Method:

Pre heat your oven to 180 degrees.

Measure hemp seeds and water into mixing bowl and blend speed 10 / 2 mins. *Or use your blender to make a hemp milk.*

Add all remaining ingredients and mix speed 5 / 30 secs. *Or mix until well combined.*

Pour 160g of the No Nut Hemp Wrap mix onto your pizza tray. It will be very runny.

Bake for about 15 minutes, until the wrap is cooked but still bendy. The Wrap will shrink from the edges of the tray a little when it is baked. If the wrap cracks, it is overcooked.