

## CHEESE FRISBEES

*Frisbee? Tostada? What's in a name, especially if it is grain-free! These fun frisbees can serve as a snack or top with a fried egg or some pulled chicken for a meal!*

**Makes: 2**

**Ingredients:**

- 1 large egg
- ¼ cup water
- 1 packet Wheat-Free Market Flaxseed Wrap Mix
- ½ cup shredded sharp cheddar cheese (or favorite cheese)
- 10 halved cherry tomatoes
- 2 tablespoons sliced scallions
- Pinch of black pepper
- Dash of Wheat-Free Market Chipotle Hot Sauce
- Garnish with lime juice and cilantro (optional)



**Directions:**

Follow Flaxseed Wrap Mix microwave directions: In a small bowl, add egg and water. Mix well and then stir in Flaxseed Wrap Mix. Using a wet angled spatula, spread HALF the dough evenly out onto the bottom of a dinner plate. Microwave on high for 2 minutes. After 10-20 seconds for cooling, gently work spatula under the wrap until it separates easily from the plate. Repeat in the microwave for second half of the dough.

Heat a large non-stick pan on the stove-top over medium heat. Once heated, place both wraps on the pan. Continue to flip wraps every 60-90 seconds until each side is lightly browned and crispy. Lower heat, evenly place tomatoes then shredded cheese, scallions and black pepper onto the wraps. Melt cheese to desired consistency. Remove Frisbees from pan and dash with Wheat-Free Market Chipotle Hot Sauce.

My Notes