

## Wrap – "Laffa"

After cooking, the wrap can be filled with various fillings according to taste.



### Nutritional Values:

Ratio	4.1	3.1
Protein (g)	7.5	11
Carbohydrates g)	1.3	1.4
Calories	353	393

### Ingredients:

Ratio	4.1	3.1
Egg Yolk	15g	25g
Whipping Cream 38%	15g	15g
Butter	15g	15g
Grated yellow cheese 28%	10g	20g
Ketocal	20g	20g

### Instructions:

1. Heat oven to 180°C
2. Beat egg white
3. Mix all remaining ingredients
4. Fold into egg white
5. Pour onto 10cm circumference silicone paper
6. Bake in oven for 15 minutes until golden brown

### Keto-tip

A number of "lighter" recipes are suitable for eating with this wrap, e.g. egg/avocado salad, vegetable salad, according to taste and to the permitted amount of calories and carbohydrates.