

Tacos

INGREDIENTS

- $\frac{1}{2}$ Cup coconut flour
- $\frac{1}{2}$ tsp Salt
- $\frac{1}{2}$ tsp Baking powder
- 4 Eggs
- $\frac{1}{2}$ Cup water
- $\frac{1}{2}$ Cup Cream

Optional

Mixed herbs

Note: allow to cool before filling.



METHOD

Mix coconut flour, salt, baking powder and mixed herbs (optional).

In a separate bowl mix the eggs, water and cream.

Combine wet and dry ingredients and mix well. Allow batter to rest for few minutes to thicken up. Batter should be thick but pourable.

On a low heat, add oil to frying pan and add $\frac{1}{4}$ cup batter for each taco. Flip once.

Serve taco with protein of choice, topped with lettuce, tomato, guacamole, coleslaw.



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