

# Crunchwrap (THM S or XO)

Single Serve

## Ingredients:

- 2 Low carb tortillas
- Beef, cooked and seasoned to liking
- Shredded cheddar (or a baked tostada for the XO option)
- Taco toppings (such as chopped tomatoes, lettuce, salsa, sour cream, etc)

## Directions:

Place a fry pan over medium high heat and let get hot. If using, add shredded cheddar to the pan to form a disk. Let it cook until browned, then flip. Place fried cheese disk on paper towels to blot off excess oil, then let cool completely. (For XO option, skip cheese frying step)

In a low carb tortilla, layer your crunchwrap. Beef, cheese, or baked tostada, and then your toppings as you'd like. Be sure not to overfill, or you'll have a hard time folding.

Take another low carb tortilla and cut a small circle out of it. Place in the middle of your unfolded crunch wrap, then crimp the edges in a hexagonal pattern to form the crunch wrap.

Spray the pan with a little oil, and carefully place the crunch wrap top down. Let it crisp up by cooking for about 5 minutes or until nice and browned. Spray the bottom of the crunch wrap with a little oil then flip and let that brown.

Serve and enjoy!