

## **Fruit Wraps**

Prep Time: 15 minutes

### **Ingredients:**

Paleo coconut wraps or teff wraps (or one of your favourite wraps)

¼ cup fresh fruit

2 tbsp peach or chocolate spread (see recipe below)

### **Directions:**

Spread the chocolate or peach mixture on your wrap

Add in the fruit

Wrap and eat!

## **Chocolate Spread**

### **Ingredients:**

1/8 cup Cacao powder

2 tbsp Chia seeds, ground

¼ cup cashews

¼ cup + 2 tbsp Maple syrup

### **Directions:**

Blend all ingredients in a blender until soft and creamy.

## **OR Peach Spread**

### **Ingredients:**

1 peach

¼ cup cashews

¼ cup maple syrup

2 tbsp ground chia

1 tbsp hemp hearts

1 ½ tsp grated ginger

½ tsp lime juice

### **Directions:**

Blend all ingredients in a blender until soft and creamy.