

Egg Rolls

THM-Friendly: S

- one single-serve batch Wonder Wraps, [Trim Healthy Cookbook](#), pg. 204
- 3 cups coleslaw mix
- 1/8 tsp. ginger
- 1/2 tsp. fresh garlic, minced
- 2-3 tsp. Bragg's Amino Acids
- 1/4 cup water
- 3-4 ounces ground pork (or pork pieces, leftover chicken, or steak)
- 1 egg white, whisked
- 1 tsp. coconut oil, melted

Cook pork through, or warm other leftover meat that you are using. Add the coleslaw mix with ginger, garlic, water, and aminos. Cook until coleslaw is tender.

Lay out Wonder Wraps and add 1/3 of the filling (less or more depending on the size of your Wonder Wraps).

Brush the perimeter of the wrap with egg white. Fold sides in, and roll into egg roll. Brush with coconut oil. Air fry at 390° for 8-10 minutes (or until crispy).

enJOY!

