

# CLEAN EATING WHOLE-WHEAT WONTON WRAPPERS

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By Linda Melone

**Makes** 12 wrappers

**Total time** 10 minutes

## INGREDIENTS:

- 1 cup whole-wheat flour
- 1 small egg (or 1/2 large egg)
- Dash sea salt
- 2 tbsp water, more as needed

## INSTRUCTIONS:

1. Place flour in a medium mixing bowl. In a small bowl, whisk together egg, salt and water; stir into flour, adding more water as needed to form a stiff dough. Knead for 1 minute, roll out onto a lightly floured surface until very thin and cut into 3½-inch squares.

## NUTRIENTS per wrapper:

**CALORIES:** 35  
**TOTAL FAT:** 0 g  
**SAT. FAT:** 0 g  
**CARBS:** 7 g  
**FIBER:** 1 g

**SUGARS:** 0 g  
**PROTEIN:** 2 g  
**SODIUM:** 25 mg  
**CHOLESTEROL:** 0 mg