Raw Coconut Wraps

Ingredients

- 2 cups raw coconut meat (only from young coconuts)
- 1-2 Tbs of raw coconut water
- ½ tsp unrefined sea salt

Instructions

1. Process the coconut meat and sea salt in food processor until it becomes mush.
2. Add raw coconut water until it reaches a spreadable consistency.
3. Spread coconut batter on dehydrator sheet (or you can use parchment paper). Do not spread too thin or you will end up with holes in your wrap. ¼ inch thick is about right.
4. Place in dehydrator at 105 degrees. Check it every few hours. Once it is dry and solid on top, flip it and dehydrate for a few more hours. I left mine in the dehydrator for 8 hours, flipped it, and dried it for another 8 hours (overnight).