



Featuring Coconut Cassava Wraps

NUCO Coconut Wrap Recipes

An all natural Alternative to Breads & Tortillas!

Wrap it the NUCO way!

Coconut Wraps are tasty, versatile and good for you. Each recipe in this book is created with nutrient-rich ingredients for a healthier lifestyle and a happier you. Recipes focus on Paleo, Vegan, Gluten-free and Keto diets that demonstrate a variety of ways to wrap the food you love. NUCO Coconut Wraps are made from sustainably and ethically sourced organic coconuts from the Philippines. Coconuts are harvested from Philippine coconut farmers, and fair-trade practices are followed in the manufacturing of all NUCO products. Its mission is to give back to the coconut farmers and their communities. Check out the recipes inside and see just how easy it is to create amazing Coconut Wrap dishes everyone will enjoy.





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HOW TO COOK WITH NUCO COCONUT WRAPS



FRYING PAN

Add a table spoon of cooking oil to pan.
Cook on medium heat for 2-3 minutes each side.



OVEN

Cook at 180 degrees celsius 3 minutes on each side
or until they turn a nice golden brown color.



OUTDOOR GRILL

30 seconds or less on each side until the wrap
begins to change color.



MICROWAVE

Cook the wrap for 30 seconds. Flip over and cook
again for 30 seconds.

Make sure to fill and roll/wrap your coconut wraps with your desired filling before putting it in the oven, microwave, pan, etc..



During colder months the Virgin Coconut oil in NUCO Wraps hardens in colder temperatures below 76°F. Place your Wraps in a warm temperature room, or submerge the Wraps package in warm water for a few minutes so that the Coconut Oil can naturally melt and return to its natural state.

Garlic Mushroom Quinoa Wrap



GLUTEN
FREE



NON-GMO



VEGAN

Asparagus, quinoa, garlic, and mushroom are layered into NUCO Turmeric Coconut Wrap to create a wonderful vegan wrap that's packed with protein. Add a splash of flavor with NUCO Balsamic Style Vinegar for dipping.

Prep Time: 10 mins / **Cook time:** 25 mins / **Total time:** 35 mins

Ingredients: Makes (2) Servings **Directions:**

2 NUCO Organic Turmeric Coconut Wrap
1/2 cup quinoa
1 tablespoon olive oil
1/2 pound cremini mushrooms, thinly sliced
1 bunch thin asparagus spears, trimmed
5 cloves garlic, minced
1/2 teaspoon fresh ginger root, minced
1 tablespoon tamari
Kosher salt and freshly ground black pepper, to taste

1. Wash asparagus and mushrooms well before cooking.
2. On a separate plate, place your Organic Turmeric Coconut Wrap and set aside for later.
3. In a large saucepan, place 2 cups of water and cook quinoa according to package instructions; set aside.
4. Heat olive oil in a large skillet over medium-high heat. Add mushrooms, asparagus, tamari, garlic and ginger root, and cook, stirring occasionally, until the mushrooms are tender, about 3-4 minutes; season with kosher salt and pepper, to taste.
5. Once finished, add a nice layer of quinoa to one side of your prepared wrap. Then add the mushrooms and asparagus on top. Roll up your coconut wrap and enjoy!





Cali Avocado Coconut Wrap



NUCO Original Coconut Wraps taste amazing with avocado, purple onion and ripe tomatoes. Combining NUCO Classic Coconut Vinegar with NUCO Premium Coconut Oil creates a fantastic dressing or dipping sauce for this recipe.

Prep Time: 15 mins / **Cook Time :** 15 mins / **Total Time:** 15 mins

Ingredients: Makes (2) Servings

2 NUCO Organic Original Coconut Wraps
1 tablespoon NUCO Coconut Cider Vinegar, Coconut Syrup Flavor
1 tablespoon NUCO Liquid Premium Coconut Oil - Original Flavor
1 avocado, sliced
1/4 cup carrots, shredded
4 tablespoons spicy garlic hummus
1 yellow (or red) medium-sized tomato, sliced
1/2 small-sized sweet onion, sliced
4 tablespoons lime or lemon juice
2 teaspoons maple syrup
A dash of salt and fresh ground black pepper
A dash of paprika

Directions:

- 1.) Slice Avocado in half. Remove pit and slice into long thick strips. Set Avocado aside in a bowl and coat in lime juice and a pinch of salt and pepper.
- 2.) Slice onion and tomato and place into a separate bowl and toss with a teaspoon of NUCO Liquid Premium Coconut Oil, maple syrup, a splash of lime juice, and NUCO Coconut Cider Vinegar.
- 3.) Spread hummus onto NUCO Organic Original Coconut Wrap.
- 4.) Add slices of avocado, tomato, onion, and shredded carrots.
- 5.) Add a dash of salt, pepper and paprika to taste. Carefully roll up your NUCO Wrap and enjoy!



Mushroom & Coconut Cream Crepe



This is a savory dish anyone would love! NUCO Original Coconut Wraps are paired with mushrooms and a velvety coconut cream sauce. Stir-frying mushrooms in NUCO Lemon Herb Coconut Oil lends a hint of citrus to this dish.

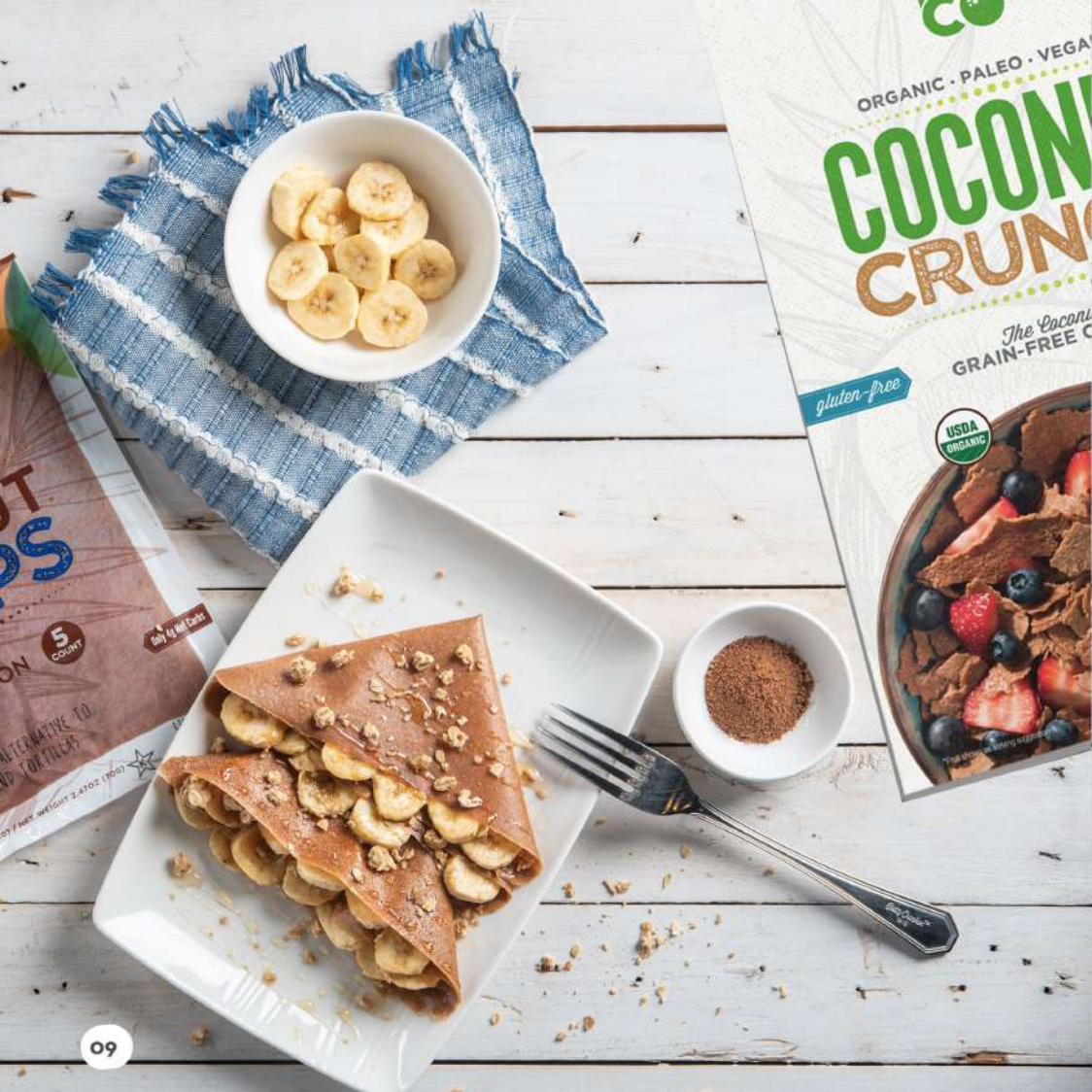
Prep Time: 10 mins / **Cook Time :** 20 mins / **Total Time:** 30 mins

Ingredients: Makes (4) Servings

2 tablespoons NUCO Lemon Herb Coconut Oil
4 NUCO Organic Original Coconut Wraps
8 oz shitake mushroom, sliced
1/2 purple onion, chopped
2 garlic cloves, minced
1 13.5oz can coconut milk
1/4 cup nutritional yeast
1/2 teaspoon nutmeg
1 sprig rosemary,
some chopped rosemary
Salt and pepper

Directions:

- 1.) Stir-fry shitake mushroom in lemon herb coconut oil and set aside.
- 2.) Stir-fry onion and garlic clove. Add coconut milk, salt and pepper, nutmeg and chopped rosemary. Stir until mixed well and add nutritional yeast until it becomes thick.
- 3.) Fold 4 NUCO Organic Original Coconut Wraps twice and place on a serving plate.
- 4.) Drizzle coconut cream mixture on plated dish and add shitake mushroom on top.
- 5.) Garnish with rosemary and serve warm. Enjoy!



Banana, Almond Butter & Granola Wrap



Start your day off right with a NUCO Cinnamon Coconut Wrap filled bananas, almond butter, and granola/Coconut Crunch Cereal. Perfect as a snack or guilt-free dessert!

Prep Time: 10 mins / **Cook time:** 0 mins / **Total time:** 10 mins

Ingredients: Makes (2) Servings

- 2 NUCO Organic Cinnamon Coconut Wraps
- 2 bananas, sliced
- 1/2 cup gluten free granola OR 1/2 cup NUCO Coconut Crunch Cereal
- 2 tablespoons raw almond butter
- 2 teaspoons agave

Directions:

- 1.) Spread raw almond butter to cover half of the NUCO Organic Cinnamon Coconut Wrap, adding few banana slices on top.
- 2.) Fold the wraps in half and then fold it again in half.
- 3.) Top with more granola and drizzle with agave, enjoy!



Portobella Mushroom & Quinoa Burrito



VEGAN



NON-GMO



GLUTEN
FREE

Add some flavor and color to your next meal with this tasty portabella mushroom and quinoa burrito. NUCO Moringa Coconut Wrap adds a sweet, leafy flavor profile and is packed with antioxidants to boot.

Prep Time: 10 mins / **Cook Time:** 25 mins / **Total Time:** 35 - 40 mins

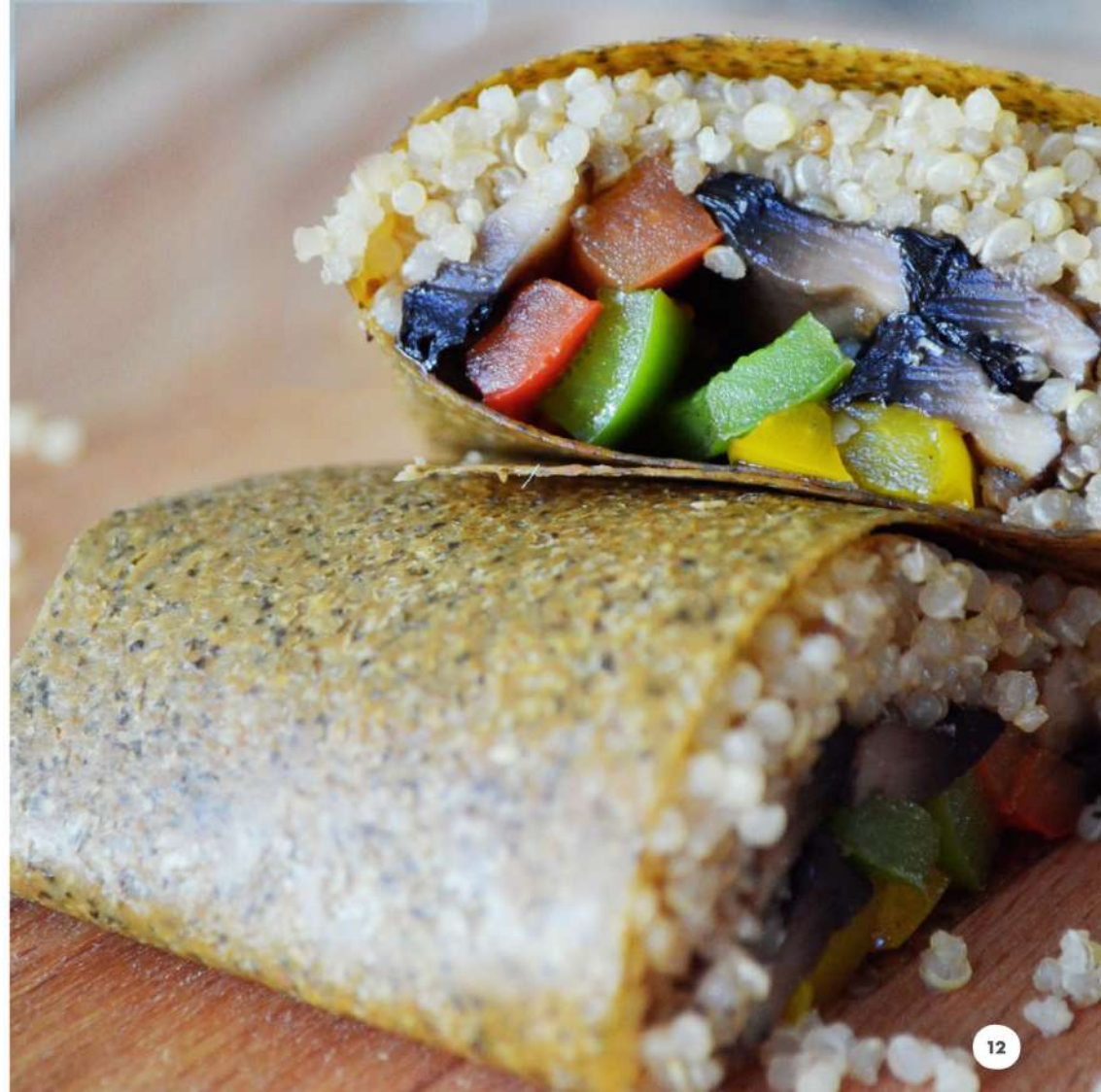
Ingredients: Makes (4) Servings

4 NUCO Organic Moringa Coconut Wrap
4 tablespoons NUCO Garlic Liquid
Premium Coconut Oil
2 cups of white quinoa
2 cups of organic portabella mushroom,
sliced
2 cups green, red, & yellow bell peppers,
sliced



Directions:

- 1.) Add two cups of quinoa with four cups of water in a pot and bring to a boil. Takes about 15 minutes to fully cook.
- 2.) Slice your bell peppers and portabella mushroom in long pieces.
- 3.) In your frying pan, add NUCO Garlic Liquid Premium Coconut Oil to your mushroom and bell peppers and stir fry until they are soft.
- 4.) Place to the side for later placement.
- 5.) Spread a small layer of quinoa in the middle of your wrap and place your mushroom and bell peppers on top. Wrap it all together and enjoy!





Veggie Avocado Wrap



Looking for a quick and satisfying meal on-the-go? Slather NUCO Turmeric Coconut Wrap with hummus, add fresh cut bell peppers, shredded carrots, greens and sliced avocado. Viola! Wrap and enjoy!

Prep Time: 20 mins / **Cook time:** 25 mins / **Total time:** 35 mins

Ingredients: Makes (4) Servings

- 4 NUCO Organic Turmeric Coconut Wraps
- 2 cups hummus (pre-made or store-bought)
- 2 red bell peppers, thinly sliced
- 1 cup carrots, shredded
- 2 ripe avocados, sliced
- 2 cups romaine lettuce, chopped
- 4 lemon wedges

Directions:

- 1.) Lay 1 Organic Turmeric Coconut Wrap on a clean surface in a diamond shape.
- 2.) Add hummus and spread on the end of the wrap farthest to you. Add romaine lettuce, bell pepper, avocado and carrots. Fold the bottom side of the wrap upward to hold all ingredients in place. Repeat process until you have as many wraps as you desire. Squeeze lemon wedges over the prepared wraps.
- 3.) You can store leftovers covered in refrigerator up to 1 day. Best served fresh. Enjoy!





Italian Sub Roll Ups



Looking for an easy Keto meal in minutes? Then, the Italian Sub Roll is the way to go! Loaded with a variety of Italian deli meats, bell pepper, provolone, and accompanied with a tangy, Italian vinaigrette, this Coconut Wrap is low in carbs yet high in protein and flavor. Enjoy!

Prep Time: 15 mins / **Cook Time:** 0 min / **Total Time:** 15 mins

Ingredients: Makes (2) Servings

Wrap Ingredients:

- 4 Slices Genoa Salami
- 4 Slices Mortadella
- 4 Slices Sopressata
- 4 Slices Pepperoni
- 4 Slices Provolone (omit for dairy-free option)
- 1/2 NUCO Vegan Mayo
- 1/2 NUCO Cassava Coconut Wrap cut in half
- 1/2 Shredded Red Cabbage
- 1/2 Banana peppers

Italian Dressing Ingredients:

- NUCO Original Coconut Oil
- NUCO Organic Coconut Vinegar - Classic Flavor
- Italian Seasoning



Directions:

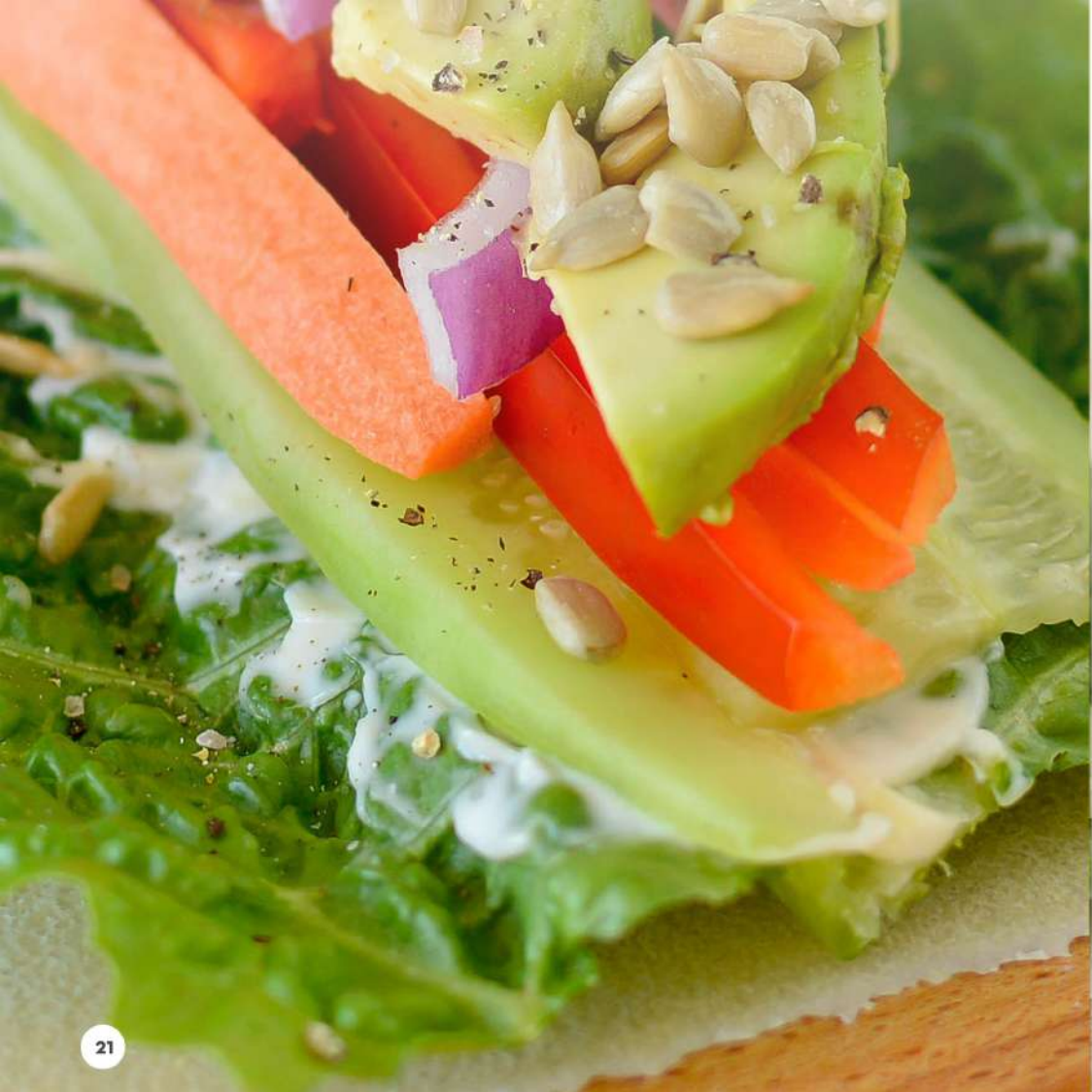
- 1.) Slice the 2 NUCO Coconut Cassava Wraps in half and layer the meat slices from largest to smallest.
- 2.) Spread a thin layer of NUCO Coconut Avocado Oil Mayo on the stack, making sure to leave space at the top of the largest piece to keep it from squishing out when you roll them up.
- 3.) Add a slice of provolone about halfway from the top. Add a small handful of lettuce to the lower half and top with desired toppings (optional).
- 4.) Have the toothpicks nearby and ready to grab. Starting from the bottom of the cheese, gently (but as tightly as possible) roll the stack, pushing in any fillings that find their way out.
- 5.) When you get to the end, secure the outer meat edges with a toothpick.
- 6.) To serve, pour 2-parts oil and 1-part vinegar into a small dipping ramekin. Sprinkle some Italian seasoning on top. Dip the roll-ups in the oil/vinegar and enjoy!
- 7.) Store extras in the fridge, wrapped individually in plastic wrap, for up to a week. These make for delicious and easy lunches.



COCONUT WRAPS - Tasty - Versatile - Easy!

NUCO Coconut Wraps are perfect for those looking for a Gluten-free, Vegan, Paleo, and Keto alternative to bread or tortillas. Coconut Wraps taste great, and as demonstrated in the recipes within this book, can be used in a variety of ways to create amazing snacks and meals that are easy to prepare. Each package contains five pliable Coconut Wraps made with three simple ingredients all from the coconut itself: organic coconut meat, organic coconut oil, and organic coconut water. Ideal for both savory and sweet dishes, Coconut Wraps can be loaded with your favorite fillings and transformed into quick healthy meals to fit your lifestyle.





Summer Veggie & Sunflower Seed Wrap



Enjoy a veggie wrap that even meat eaters would love! NUCO Coconut Cassava Wrap is the base for creamy Vegan Mayo, fresh romaine, fresh summer veggies, and a sprinkle of sunflower seeds. No fork needed for this plant-powered sandwich wrap. Dig in!

Prep Time: 15 mins / **Cook Time:** 0 min / **Total Time:** 15 mins

Ingredients: Makes (2) Servings

- 2 NUCO Coconut Cassava Wrap
- 2 tablespoons NUCO Coconut Avocado Oil Mayo
- One Romaine lettuce leaf
- A few slices of carrots
- A few slices of red bell peppers
- A few slices of red onions
- A few slices of avocado
- A few thinly sliced cucumbers
- 1 tablespoon sunflower seeds
- Pink himalayan salt and ground pepper, to taste

Directions:

- 1.) Spread NUCO Coconut Avocado Oil Mayo evenly over NUCO Coconut Cassava Wrap.
- 2.) Layer all ingredients, starting with romaine lettuce on bottom; work your way down the list, stacking ingredients on top of each other, ending with the sunflower seeds.
- 3.) (Optional, but highly recommend) Sprinkle a little salt and pepper over veggies.
- 4.) Wrap and devour!



Classic Egg Salad Coconut Wrap



NUCO Moringa Coconut Wrap adds a delicate and sweet leafy spin to the classic egg salad mix. These wraps will be devoured in minutes!

Prep Time: 15 mins / **Cook Time:** 5 mins / **Total Time:** 20mins

Ingredients: Makes (4) Servings

4 NUCO Organic Moringa Coconut Wrap
2 cups of NUCO Coconut Vegan Mayo
8 hard-boiled eggs
1 and 1/2 cup of baby spinach, chopped
4 tablespoons Celery, chopped
4 teaspoons dijon mustard
2 teaspoons hot pepper sauce
A dash of salt and freshly ground black pepper
A dash of paprika

Directions:

- 1.) Boil 8 eggs until hard boiled, then peel eggs and coarsely mash.
- 2.) In a medium-sized bowl, add eggs, 1/2 cup NUCO Coconut Vegan Mayo, chopped celery, and dijon mustard. Add a few dashes of hot pepper sauce, a dash of paprika, then salt and pepper to taste. Stir mixture.
- 3.) Spread a layer of egg salad over your prepped NUCO Organic Moringa Coconut Wrap and garnish with chopped baby spinach. Wrap it up and enjoy!



S'mores Wrap



Add a twist to this good ole campfire favorite with NUCO Cinnamon Coconut Wrap. This classic S'mores recipe combines, gluten-free graham crackers, dark chocolate chips, and melted mini marshmallows for a tasty gluten-free dessert. It's OK to indulge!

Prep Time: 15 mins / **Cook Time:** 5 mins / **Total Time:** 20mins

Ingredients: Makes (2) Servings

- 2 NUCO Organic Cinnamon Coconut Wraps, cut into 4 pieces
- Mini Marshmallows
- Dark Chocolate Chips
- Chocolate syrup
- 3 gluten-free graham crackers, crushed

Directions:

- 1.) Place your dark chocolate chips and mini marshmallows in the center of your cut wraps.
- 2.) With a long lighter, lightly burn the marshmallows until golden brown.
- 3.) Finally, drizzle with chocolate syrup, crushed biscuits and enjoy!

