

# Crab Rangoons

THM-Friendly: S

- one single-serve batch of Wonder Wraps, [Trim Healthy Cookbook](#), pg. 204
- 4 Tbsp. whipped cream cheese
- 2 Tbsp. green onions, chopped
- 1/2 can of crab meat, drained well (you can use fresh if you prefer)
- 1 egg white, whisked
- 1 tsp. coconut oil, melted

Mix the cream cheese, onions, and crab meat well.

Cut the Wonder Wraps into one square each (just trim the sides).

Add one third of the mixture to the center of each wrap.

Brush entire perimeter with egg wash.

Fold the wrap in half diagonally and seal the edges well to avoid leaking the filling when cooked.

Brush the entire outside with melted coconut oil.

Air fry at 390° for 8-10 minutes or until nice and crispy.

enJOY!

