

COCONUT FLOUR TORTILLAS

INGREDIENTS:

❖ Egg whites	1 Cup
❖ Almond milk	¼ Cup
❖ Coconut flour	¼ Cup
❖ Cumin	½ tsp
❖ Garlic	½ tsp
❖ Salt	¼ tsp
❖ Cayenne pepper	¼ tsp

NUTRITIONAL INFO:

Calories	46
Fat	0.75 grams
Carbohydrate	3 grams
Protein	4.4 grams
Fiber	1.7 grams

NOTE:

I recommend removing it to a paper towel-lined plate to free up the skillet for the next tortilla. Stacking the cooked tortillas on a bare plate works too, but gets some condensation moisture on the bottom to they end up a bit wet.

YIELD:

6 Tortillas

METHOD:

1. In a blender pitcher, combine all ingredients. Process for 10-20 seconds to break up any lumps in the coconut flour.
2. Let it sit for 10 minutes so the coconut flour hydrates.
3. Heat a nonstick skillet over medium heat (oil the bottom lightly if the nonstick coating isn't great).
4. Pour 1/4 cup of the batter into the center of the pan, giving the pan a tilt-rotate-jiggle action to spread the batter into a thin pancake about 8 inches or so across.
5. Cook until the top of the tortilla doesn't look shiny anymore, and is not sticky to the touch.
6. If it feels solid enough to flip, it's time to flip. If it needs another minute, give it another minute. Timing isn't crucial.
7. Use a big, wide pancake turner to flip it onto the other side. Another minute of cooking, and your tortilla is done.

