

# Keto Tortillas



I have experimented with several tortilla recipes that contain no wheat or sugar. This is what I finally found that works well and my husband likes. They are so tasty that we have used them for sandwich bread and pancakes on occasion. They are not as thin as a corn or flour tortilla so you cannot roll them well. You can bend them into a taco shape, but we usually use them in a Mexican casserole or as a tostada.

I am also not into cooking constantly and so I do freeze them. They hold up very well. I don't know how long you can freeze them because we always eat them within a month or so of their being baked but I suspect if you have a freezer bag you could freeze them some months. I place a piece of waxed paper in between each tortilla and then slide five or six into a small bag. Then I place multiple small bags into one gallon freezer bag.

I also buy all my specialty flours and psyllium husk from a local grocer that has them in bulk. Saves a lot of money.

## Ingredients

¾ c + 1 tbsp almond flour

2 tbsp coconut flour

1 tbsp psyllium husk powder

½ tsp baking powder

¼ - ½ tsp salt (I use the lesser amount)

1 tbsp olive oil

½ c warm water

Corn Tortilla Flavoring (optional) we found this online, and it makes the tortillas very tasty. <https://www.ooflavors.com/>

## Instructions

1. Add the almond flour, coconut flour, psyllium husk powder, baking powder, and salt in a medium sized bowl. Stir to combine. Add the water and oil and mix until the dough comes together. You can use a spoon, but I use my hands. Faster and works better. : )

2. Knead the dough till soft and smooth, about 30-45 seconds.

3. I do not make my tortillas large. I roll the dough into a longish roll and cut it into 6 pieces. Roll each piece into a ball then flatten it slightly between your palms. Place the ball between two pieces of waxed paper. Roll with a rolling pin. I roll mine thinner than the recipe I saw, and I didn't have any trouble with cracking. However, they will be thicker than a flour or corn tortilla. Carefully peel off the top paper.

Note – I lightly rub some almond flour over both sides of my tortilla before placing it between the waxed paper.

4. Cook the tortillas – Lightly oil a non-stick frying pan or skillet. I have a griddle and I love using it because I can cook multiple tortillas at a time. Use medium heat. (I do cook mine on a bit higher heat because I like them browner.) Flip the tortilla over so it slips off the waxed paper onto the cooking surface. The recipe I first used said cook for 2-3 minutes. I have found that I must cook them longer 4-5. Then flip it over and cook the other side. Again, I cook it longer 3-5 minutes.



I made an enchilada casserole with these tortillas, and it was delicious. I layered the tortillas, diced onion and cheese with my homemade enchilada sauce. You could use any sauce but mine is delicious. You can find that recipe on the website, under FREE RESOURCES, where you found this recipe. It is halfway down the page under COOKING WITH KIDS, #2 Two very old traditional recipes, Verl's Brown Enchilada Sauce.