



Keto Tortillas

Description

These keto tortillas are made with almond flour and are perfectly pliable and soft and need just 3 main ingredients.

No yeast and no eggs needed, these wraps are perfect for sandwiches, quesadillas, pizzas, and more.

Duration:

Prep Time: 10 minutes

Cook Time: 5 minutes

Total Time: 15 minutes

Servings: 8 tortillas

Calories: 195kcal

Ingredients

- 2 cups almond flour
- 6 tablespoon psyllium husks Not psyllium husk powder * See notes
- 1 teaspoon salt
- 1 tablespoon olive oil
- 1 cup warm water not boiling ** See notes

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Instructions

- In a large mixing bowl, add your almond flour, psyllium husks, and salt. Mix well.

- Slowly add your olive oil and warm water and mix well, until completely combined. Let sit for a minute.
- Gently knead the dough several times, and form a ball of dough. Place the dough on a lightly floured kitchen surface.
- Cut the dough into 4 large or 8 small pieces. Get one piece of dough and place a piece of parchment paper on top. Using a rolling pin, roll out the dough until thin and flat. Get a large dinner plate or small appetiser plate and place on top of the dough. Using a knife, cut around the edges so you are left with a tortilla.
- Heat a non-stick pan on medium and lightly grease. Place the tortilla on top and cook for 2-3 minutes, before flipping and cooking for a further two minutes. Repeat until all the tortillas are cooked.

Notes

This must be whole psyllium husks, not the powder form.

Warm tap water, not hot.

TO STORE: Leftover tortillas can be stored in the refrigerator, covered in paper towel AND plastic wrap. The paper towel ensures it stays soft and fluffy, and less resistant to becoming dry. Tortillas will keep well for up to 5 days. Let it sit at room temperature for 30 minutes before using.

Category

1. Low Carb Recipes

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