



Simple | Healthy | Delicious

## Tortillas

### INGREDIENTS

3/4 cup teff flour
3/4 cup Nature's Earthly Choice™ Ancient Grain Flour
1/2 cup tapioca flour
3/4 teaspoon salt
1 1/2 teaspoon guar gum or xanthan gum (or other binder of choice)
1 1/2 teaspoons baking powder
3 tablespoons canola oil
3/4 cup water (or less, depending on humidity)



### DIRECTIONS:

1. Mix ingredients together, then add oil and water. (This works well in a Kitchenaid stand mixer, using the paddle attachment). Mix on high speed for a few minutes until dough is well blended and forms a smooth ball. Let dough rest for 10 minutes covered, then divide into 8 equal sized balls. Flatten each portion slightly and roll out onto a floured surface. (tapioca flour works well). Heat an uncreased non-stick griddle or pan until very hot. Using a large spatula, place rolled-out tortilla on griddle, and cook for a minute or so on each side. Keep cooked tortillas warm wrapped in foil in low oven.