

Spelt Tortillas

Lauren Goslin

modified from Oatmeal with a Fork, <https://www.oatmealwithafork.com/5-ingredient-soft-and-pliable-spelt-tortillas/>

Day 3 Rotation - a simple whole grain spelt tortilla recipe



<https://celebratingyourjourney.com>

Servings: 8

Yield: 8 each

2 cups Spelt flour, Whole grain

1 teaspoon sea salt

1/2 teaspoon baking soda

2 tablespoons olive oil

3/4 cup water

1 1/2 cups spelt flour

1/2 cup spelt flour, optional if dough is too sticky

These tortillas for Day 3 Rotation work well as any sandwich.

Also, give them a try as a dessert.

Simple microwave for about 10

seconds to warm them. Then top with

fried, glazed banana, blueberries, and

your favorite whipped topping (i.e. for

day 3 you can use Sheep Yogurt that

is slightly sweetened with agave nectar,

or a nondairy ice cream).

Copyright: January 19, 2015

Preparation Time: 15 minutes

Mix together the 1 cup flour, salt, and baking soda. Cut in the olive oil (the mixture should be 'pebbly' in texture).

Stir in the water, starting with 3/4 cup. The dough should be moistened, but NOT sticky to the touch. Add additional 1/2c. flour if sticky.

Put 1/2 c. spelt flour on surface prior to kneading.

Knead the dough for 1-2 minutes, until all of the ingredients are well combined. Use a little of the extra flour if needed when kneading.

Make a large ball out of the dough. Cover it with the same bowl you used to mix the ingredients. Let sit for about 10 minutes.

Heat a large non-stick pan over medium high heat. It is important to have the right amount of heat which depends on your stove. If medium high doesn't work, try high. Then ready to place a tortilla, turn heat down to medium high.

Make 8 smaller dough balls (don't knead them).

On a well-floured surface using the extra flour, roll out a ball of dough into a tortilla.

Place the tortilla onto the pre-heated pan.

Cook until you begin to see bubbles form or surface starts to well up in spots. It takes about 20 to 30 seconds; longer if grill isn't hot enough.

Flip the tortilla and heat the other side for about 10-15 seconds. Each side of tortilla should have

Per Serving (excluding unknown items): 180 Calories; 5g Fat (21.5% calories from fat); 7g Protein; 31g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 320mg Sodium. Exchanges: 1/2 Fat.

a few golden brown spots. Be careful not to burn surface.

Carefully place the tortillas on a plate, and immediately cover them with a clean dish towel that will trap the heat t keep them soft.

Repeat with the remaining dough balls.

Eat immediately or store in a sealed, Ziploc bag in the fridge, to maintain pliability

