

## Grain-Free Cassava Tortillas

Prep Time: 15 minutes | Cook Time: 10 minutes

Servings: 4 | Serving Size: ¼ of the recipe

*These tortillas really have a nice flavor and texture and are fairly easy to master. Use them in tacos, wraps, or cut into wedges and make pita chips.*



### Ingredients:

¾ cup cassava flour

¼ cup arrowroot flour/powder

¼ teaspoon salt

¼ teaspoon baking soda

3 heaping tablespoons ghee, cold + 2 tablespoons

¼ - ½ cup slightly warm filtered water

### Directions:

1. Chop the cold ghee into small cubes and then place in a the freezer on a plate.
2. Combine flour, arrowroot, salt, and baking soda in a medium bowl and mix well.
3. Add the cold ghee cubes from the freezer and use your hands to mix/work the ghee into the flour, the consistency you should end up with is wet, grainy, clumpy sand.
4. Add ¼ cup water to the batter and mix well. Add more water, 1 tablespoon at a time to get the dough to the right consistency. You want it to be sticking together but should be dry and smooth and not sticky on the outside.
5. Roll dough into a large ball, then divide into half to make two balls. Divide each dough ball in half again so that you have 4 dough balls and once more to make 8.
6. Lay a piece of parchment paper or a silicone baking map on your counter top and sprinkle with flour or arrowroot.
7. Place one dough ball in the middle of the paper, cover with parchment and then use a rolling pin to roll dough out from the center evenly into a round tortilla. You want to get it pretty thin, about 1/8-1/4 inch thickness.
8. Heat a large skillet over medium-high heat, add 1 teaspoon of ghee and tilt to coat pan.
9. When pan is hot, use a spatula to carefully lift your tortilla from the parchment paper and into the frying pan.
10. Sprinkle with a dash of salt and cook for 2-4 minutes on each side or until lightly browned and slightly bubbled.
11. Keep warm while you repeat steps 7-10 for all your tortillas.
12. Enjoy warm or cold with your favorite meals.

### Tips and Tricks:

### Nutritional Information Per Serving:

**Calories: 130.5**

**Fat: 8.4 g**

**Cholesterol: 18.8 mg**

**Sodium: 185 mg**

**Total Carbohydrate: 10.4 g**

**Dietary Fiber: 1.0 g**

**Sugars: 0.0 g**

**Protein: 0.0 g**