

FiveMonstersPaleo

# Paleo Tortillas



Prep time **5 min, plus 20 resting**

Cook time **about 30 min, 2-4 min per tortilla**

Yield **15 tortillas**

Special tools needed **tortilla press, griddle, large (3T) cookie scoop, parchment paper**

**Notes:** You can use a rolling pin instead of a tortilla press, but it is much more challenging, and a good tortilla press only costs about \$30; definitely worth the investment if you'll make them often.

You can cook the tortillas in a cast-iron or nonstick skillet, but total cooking time will be longer if you are only able to cook one at a time.

## Ingredients

- 1 ½ cup + 1 T cassava flour
- ¾ cup almond flour
- ¼ cup flax meal
- 1 tsp fine sea salt
- ¼ cup palm shortening
- 1 ¼ cup hot water

## Preparation

1. **In a medium-sized bowl**, whisk together the dry ingredients (cassava flour -salt).
2. **Use a pastry cutter** to cut in the palm shortening till the mixture has a sandy consistency and no large chunks of shortening remain.
3. **Stir in the hot water**, mixing very well to form the dough. Let sit 20 minutes. Meanwhile, heat your griddle or skillet and cut two pieces of parchment paper to be about 6 x 6 inches each.
4. **Use a large (3T) cookie scoop** to scoop a ball of dough and place between the two pieces of parchment paper. Place on your tortilla press, and press firmly to flatten the dough.
5. **Carefully peel off one piece of the parchment** and place the tortilla on the griddle. Cook about 30 seconds before carefully peeling off the second piece of parchment. Cook 1-2 minutes, or just till you see a few light, golden-brown spots, per side. Don't overcook. Repeat with remaining dough. Store leftover tortillas in an airtight container in the fridge for up to one week.