

KETO TORTILLAS

Makes 4.

By Dennis W. Viau; modified from a YouTube video.

These tortillas are not as delicious as good flour or corn tortillas, but they are low in carbohydrates*.

Ingredients:

Dry Ingredients

1 cup (112g) almond flour
1 tablespoon (8g) xanthan gum
½ teaspoon (2g) baking powder
Pinch of salt

Wet Ingredients

1 large egg or ¼ cup (56g) egg whites
1 tablespoon (15g) water

Directions:

Add all the dry ingredients, one at a time, to a food processor bowl on a metric scale and weigh.

Place the bowl on the processor and blend well.

Return the bowl (or not) to the scale and add the wet ingredients. (These ingredients can be measured by volume.)

Place the bowl on the processor again and mix to form a dough ball, about 10 seconds.

Wrap the dough in plastic and knead for a minute or two.

Let the dough rest 15 minutes, wrapped.

Using the scale, divide the dough into four equal parts and roll into balls.

Flatten each dough ball in a parchment-lined tortilla press.

Heat a lightly-oiled nonstick skillet over medium heat (275°F / 135°C). (Note to myself: Do not use your carbon steel pan.)

Cook each tortilla until lightly browned on one side, about 1 minute.

Flip the tortilla and cook another minute.

Spray the skillet with a little more oil between tortillas, if needed.

Transfer the cooked tortillas to a covered tortilla keeper.

*Each tortilla will have about 7 grams carbs, 3 grams fiber, 1 gram sugar, and 14 grams protein.

