

Soft Cassava Tortillas

Yield 6 wraps or 12 taco size tortillas

Gluten free, dairy free, grain free, paleo, egg free

Ingredients

$\frac{3}{4}$ cup cassava flour

$\frac{1}{2}$ teaspoon salt

2 tablespoons psyllium husk

1 tablespoon brown flax meal

1 cup warm water

2 tablespoons olive oil

Method

Combine all of your dry ingredients into a medium size bowl and stir together.

Add the olive oil to the warm water and mix it into the dry ingredients. You can stir with a spoon or use your hands. The mixture will seem wet at first but it will suck up all of the moisture quickly.

Form a cylinder and cut into either 6 or 12 pieces depending on what size you would like. Roll each piece into a ball (no need to be perfect here) and place a dry dish towel over the dough. Meanwhile, warm up a cast iron pan on low/med heat. **You don't want your pan smoking**, it will burn the tortillas. You may have to play with the heat depending on your stove top.

Line your tortilla press with either 2 pieces of parchment paper or a zip lock bag that you have cut in half. Place a ball in between the pieces of parchment paper or the zip lock bag.

This is so you can peel off the tortillas easily and don't stick. Press down with your tortilla press, rotate the paper or bag 180 degrees and press again to ensure you are getting a nice thin round tortilla.

Place the pressed tortilla and paper onto the palm of your hand, remove the top side of the parchment and flip the tortilla onto your other palm and peel off the bottom piece of parchment, place it into the hot cast iron pan by gently flipping it onto its back side so you don't have to peel it off of your hand.

Cook on each side for about 30 seconds to one minute. Press another tortilla while one is cooking. You don't want them to be crispy. Once the tortilla is ready, place it onto a clean and dry dish towel and cover it until the next one is done. I like to place pieces of parchment paper in between each tortilla within the dish towel so they don't stick. By separating them individually and covering them with a dish towel will help keep them soft and moist. Serve and love me long time.

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