

# Flourish Tortillas



## BAKER'S TIP

Fiber loves water and your recipes will too. You may notice your recipes will need a little more liquid (water, milk, or fruit juice) when using our flour.

**For breads, rolls, and other yeast-raised baked goods:** Increase liquids  $\frac{1}{4}$  cup (60g) at a time until you reach the desired dough consistency.

**For cookies:** Increase liquids 1 tbs. (15g) at a time until you reach the desired batter or dough consistency.

**For brownies, quick-breads, muffins, pancakes, waffles, pie crusts and more:** Increase liquids 2 tbs. (30g) at a time until you reach the desired batter or dough consistency.

## Ingredients

- 3 Cups Flourish Flour
- 1  $\frac{1}{2}$  tsp fine sea salt
- 1 tsp baking powder
- 1  $\frac{1}{2}$  C hot water
- $\frac{1}{2}$  Cup Coconut oil

## Instructions

1. Mix the dough. Briefly stir together the flour, sea salt and baking powder together in a large mixing bowl until combined. Add the hot water and coconut oil and stir until a shaggy dough begins to form.
2. Knead the dough. Turn the dough onto a floured surface, and use your hands to knead the dough for 1-2 minutes until it is fairly smooth.
3. Rest the dough. Form the dough into a round ball and pat it down slightly so that it forms an evenly-thick disk. Cover with a clean kitchen towel and let the dough rest for 10 minutes.
4. Form the dough balls. Use a knife to cut the dough into 12 equal wedges. Use your hands to roll a wedge into a roughly-shaped ball. Then use a rolling pin or a tortilla press to roll the dough ball out into a 6-inch tortilla.
5. Cook the tortillas. Heat a cast-iron skillet or heavy-bottomed sauté pan over medium heat. Add the tortilla and cook for 30-60 seconds, until tiny little bubbles begin to appear on the surface and/or golden spots appear on the bottom of the tortilla. Flip and cook on the second side for about 30 seconds, or until the bottom is also slightly golden. Then transfer to a clean plate or bowl, cover with a clean dishtowel, and set aside. Repeat with the remaining dough balls.

Recipe credit: [@gimmesomeoven](https://www.instagram.com/gimmesomeoven)

