

# Healthy Tortillas – Easy Homemade Bread



Avoid a trip to the grocery store, I have you covered with this easy healthy tortillas recipe. This is a great recipe even for people who have never before baked any type of bread! Even better, you don't need yeast for this recipe! Aside from being easy to make, these tortillas taste so much better than store bought tortillas and contain no questionable ingredients or preservatives.

Tortillas also freeze well so if you're thinking you don't need 16 tortillas (but trust me, you do!) you can freeze the leftovers and reheat them one at a time. We love these healthy tortillas for tacos with our homemade taco seasoning, fajitas, [quesadillas](#), sandwich wraps, and they even have been enjoyed

dipped in seasoned olive oil! So let's get started...



## **You will need the following:**

Stand mixer with dough hook or a medium sized mixing bowl

Large cutting board or baking stone or parchment paper for rolling out dough (optional, a clean counter works also, just sprinkle flour directly on the countertop before placing the dough on it.)

Rolling pin (Don't have a rolling pin? Try using a smooth

glass

cup or even the heel of your hand could work in a pinch, you just have to get the tortillas smooshed thin.)

Cast iron skillet

Measuring cup and spoons



# Ingredients for Healthy Tortillas Recipe

3 cups all-purpose flour plus extra for rolling

$\frac{3}{4}$  tsp salt

1 tsp baking powder



$\frac{1}{3}$   
oil

cup

olive

1 cup water (it's best if the water is warm but it works fine cold or room temperature also)



## Steps for Making Healthy Tortillas

1. Dump all the ingredients into a stand mixer with a dough hook or medium sized mixing bowl. It's really best to mix the dry ingredients together first and then add the wet, but I've done it both ways with no problems.
2. Mix the dough with your stand mixer using the dough hook for approx. 4-5 minutes, until dough is well mixed. If it's super sticky add more flour a little bit at a time (a small spoonful at a time until it is smooth and not sticking to your hands, you don't want super dense

dough). If you are kneading the dough by hand, knead it on a floured surface until it's smooth and not sticky.

3. Turn dough out onto a floured surface. Divide into 16 roughly equal portions. If you want large healthy tortillas then divide into fewer portions. These make 16 small healthy tortillas that are approx. 6 inches.
4. Roll the dough pieces into a ball and then smoosh them down a little bit so you have 16 little flat saucers of dough on your floured work space.
5. Cover the dough and let it rest for a few (anywhere from 5-30 minutes depending on your time restrictions/patience level).
6. LIGHTLY coat a cast iron skillet with olive oil and heat on medium heat. Don't overdo the oil here or you will end up with soggy oily tortillas.
7. After the dough has rested, roll out the tortillas (they should be  $\frac{1}{4}$  inch thick or maybe even a little thinner) and cook one at a time in the skillet flipping once the tortilla starts to bubble and golden spots appear on the bottom. (I roll one out and put it in the skillet to start cooking while I roll out the next one and usually have 2 skillets to cook in to make the process go faster.)
8. Remove from skillet once the other side gets golden spots and repeat with the remaining tortillas.
9. Once all the tortillas are done you are ready to enjoy! Leftovers can be stored in an airtight container for a day or so. To freeze place parchment paper between tortillas to prevent sticking and place the stack in a freezer bag; these freeze really well!



# Use Healthy Tortilla Recipe In Place of Sandwich Bread

Healthy Tortillas are a great substitute for [sandwich bread](#). Roll up your favorite sandwich ingredients and enjoy. [Enchiladas](#), [tacos](#), taco salad, quesadillas, Tortillas can also be used to make small party sandwiches, pinwheel appetizers, and desserts.

A recipe for using tortillas that I am drooling over is this one for [Chicken Tortilla bake](#). And with it being Easter week at the time of this writing, who wouldn't like to try an [Easter Brunch Bake](#) as a make ahead idea for the buffet.

## Kick up the Heat!

A little spice never hurt anyone right? Try this [Chile Lime Chicken](#) recipe. Oh my that looks so good! When it's time to start up the grill try using your tortillas for [Grilled Chicken Fajitas](#). I think you get my point about the versatile healthy tortilla.



# Dessert Tortillas!

Brush the healthy tortilla with an egg wash, sprinkle with cinnamon and sugar and bake until crispy. Use the tortilla shell to make apple pies. Here's an idea. Make smaller tortillas. Push the tortillas into each section of a cupcake pan. Fill with pie filling. Bake until crisp and the fruit filling is hot. Dig in!

Enjoy!

[\*Sourdough Apple Bread with Fresh Apples\*](#)