

Sister Niches Protocol Coconut Flour Tortillas

Makes 16 tortillas, store in refrigerator up to 4 days with wax or parchment paper between each tortilla. These cooked tortillas freeze well. Note: To save time, I spend a couple of hours making a lot of these and freeze them for time savers or rainy days when I am not doing great with multiple sclerosis. My favorites are breakfast wraps and simply the best tacos. Reheat the tortilla in an air fryer or in a flat iron skillet over med heat.

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Macros: 1 tortilla

Calories 119, Net carbs 2g, Fat 8g, Protein 2g

1 cup [coconut flour](#)

4 tablespoons [psyllium husk](#) (fiber from psyllium husk in this recipe for 1 tortilla is 7g)

3 oz (5-6 tablespoons) coconut oil, melted (I don't own a microwave, the hot water helps melt the oil)

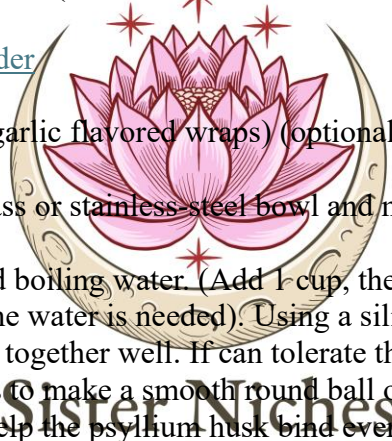
1 teaspoon [Redmond real salt](#)

2 teaspoons [no aluminum baking powder](#)

2 cups boiling hot water

1-2 teaspoons garlic powder (we like garlic flavored wraps) (optional)

- Add all dry ingredients in a glass or stainless steel bowl and mix well with a fork or whisk well.
- Add the melted coconut oil and boiling water. (Add 1 cup, then ¼ cup at a time. It's possible not all the water is needed). Using a silicone spatula, mix all the ingredients together well. If can tolerate the heat of the dough, then use your hands to make a smooth round ball of dough.
- Let dough rest 15 minutes to help the psyllium husk bind everything. Don't skip this part.
- Divide the dough into 16 even pieces and roll into a ball.
- Using a tortilla press, put a ball of dough between parchment paper and press down to make the tortilla. (If do not have a tortilla press, a rolling pin can be used. Just put a ball of dough between 2 parchment papers and roll to desired shape and thinness).
- Heat up a flat iron skillet over medium heat. (adjust heat to low after the first tortilla is cooked because the iron by then is hot and the tortillas can burn). Flip the tortilla when the side is golden brown and repeat cooking the other side. Might take 3-5 mins each side.



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