

Sprouted Wheat Tortilla

4 Servings

Prep 0:00 Cook 0:00 Stand 0:00 Total 0:00

The key is to get it thin enough

- 1 cup Sprouted Wheat**
- 1/4 cup whole wheat flour, (+ or -)**
- 1/4 cup olive oil**
- 1/2 teaspoon salt or herbal salt substitute**
- 1/2 teaspoon baking powder, (Rumford or other non-aluminum)**

Blend 1 Cup Sprouted Wheat in blender until all kernels are mashed. Pour into a bowl and add WWFlour until consistency of bread dough. Mash, kneed and work thoroughly. Coat a non stick skillet lightly with olive oil warm it to medium high temp. Take an approx. 1/4 Cup dough ball and press it out to about 12" diameter or about as thin as you can get it with an oiled roller. lay in skillet and brown on both sides. Take out while still soft. If you leave it in too long it will get hard and dried out and will not work for rolling as a tortilla, but will work great as chips.

hints: Roll out next tortilla while waiting to flip tortilla in pan.

I found plastic cutting board best to roll out on because it doesn't stick as easy. May need to flour board first before rolling tortilla out. If dough sticks to your fingers add more flour and work in.

Amount Per Serving

Calories 341 Calories from Fat 151

Percent Total Calories From:

Fat 44% Protein 9% Carb. 47%

Nutrient	Amount per Serving	% Daily Value
Total Fat	17 g	26%
Saturated Fat	2 g	12%
Cholesterol	0 mg	0%
Sodium	336 mg	14%
Total Carbohydrate	40 g	13%
Dietary Fiber	1 g	5%
Sugars	0 g	
Protein	8 g	

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 11%