



2 ½ cups almond milk or coconut milk
4 large free range eggs
2 cups tapioca flour starch
½ cup coconut flour
1 tbsp. flaxseed meal
½ tsp. sea salt
¼ tsp. vanilla extract (optional but recommended when using tortillas for sweet crepes)

Coconut Flour Tortillas

Makes Approximately 12, 8" Tortillas

- Step 1** Heat an 8" frying pan over medium heat. Depending on the type of pan you are using, you may want to melt a ½ tsp. of coconut oil to ensure the tortillas don't stick
- Step 2** In a mixing bowl, add together the almond milk and eggs. Blend or whisk well
- Step 3** Add the remaining ingredients and continue mixing until there are no clumps of flour
- Step 4** Ensure the pan is well heated before moving forward
- Step 5** Using a ½ cup measuring cup, scoop the mix and pour onto the center of the pan. Quickly rotate your wrists and tilt the pan until the mixture covers the entire bottom. This will create an 8" tortilla.
- Step 6** After a minute or so you will see the edges starting to lift. Using a wide spatula, flip the tortilla.