

WHOLE WHEAT TORTILLAS

2 - 3 cups freshly milled wheat flour (usually 3 cups)
1 cup warm water
2 Tbs. Lecithin (optional)
1/4 tsp. baking powder
1 tsp. Salt
1/4 cup oil

Measure liquids into mixing bowl. Add dry ingredients, kneading in the flour until the dough is workable but not too stiff. Let stand 10 minutes. Shape into 8 – 10 balls and let stand 10 more minutes. Roll very thin to form a 10 inch circle or use a tortilla press. Bake on a lightly greased griddle till done (not browned). These are as much fun to make as they are to eat with our new Wrap Master. To cook a large quantity more quickly, I use the Wrap Master to press, then place on my hot griddle to finish cooking.

SWEET TORTILLAS

To the above recipe add 2 Tbs. Sucanat,
2 tsp.cinnamon, and a dash of nutmeg. Prepare same as above.
Serve these with fruit, topped with unsweetened yogurt, and drizzled with a little honey. Roll up for a delicious breakfast burrito or dessert.

Whole Wheat Tortillas

4 cup whole wheat flour
1 tsp. salt
1/4 tsp. baking powder, optional (I never use this, I think it makes them too bread-like, just my opinion ~Lila)
1/4- 1/2 cup butter or vegetable oil, optional
1 cup warm water

Combine dry ingredients in bowl. Work in butter or oil if used. Add enough of the water to make soft, pliable dough. Knead lightly on floured surface.
Divide into 16 balls. Let stand, covered, 15-20 minutes (don't skip this step, as they are difficult to roll if you don't let them "rest") Roll into thin circles between sheets of floured wax paper (I just use flour on my dining room table...the wax paper is optional here) Bake in ungreased heavy skillet or griddle over med-high heat until brown specks appear on cooking side. Flip over and cook other side. These store well in refrigerator or freezer. Yield 16 servings.

**I sometimes spend an afternoon making these with my children, assembly line style, so that we have a bunch to bag up and stash in the freezer for quick meals later. Once you are used to making them, they go very quickly, and young children think it's great fun, too.

Whole Wheat Tortillas

1-1/2 cups whole wheat flour
1-1/2 cups unbleached flour
1 teaspoon salt
1/3 cup olive oil
1 cup warm water

Food Processor Method:

Place flour and salt in bowl of processor. Add oil and process for about 3 seconds. With machine running, pour water through feed tube in a steady stream. Let machine run until dough forms a ball. Dough should be a medium-stiff consistency. If dough is too stiff, add a little more water.

Hand Mixing Method:

Rub flour, salt and oil together with your fingers until completely incorporated and fine crumbs form. Pour water into dry ingredients and immediately work it in with a fork. Dough will be in large clumps. Sprinkle with flour and knead until smooth, about 2 minutes.

Divide dough into 12 - 15 equal pieces, roll into balls, cover with plastic wrap, and let rest at least 30 minutes before baking.