

# Spinach Tortillas

## Ingredients:

- 1 cup chickpea flour/garbanzo flour
- 1/2 cup tapioca flour
- 2 oz. fresh baby spinach leaves
- 1 1/8 cup water
- 1/8 teaspoon sea salt



## Preparation:

1. Process all ingredients in a food processor or blender until the batter is smooth. Use 1 cup of water if you plan to make thicker/smaller tortillas for tacos. Add about 1 1/8 cup of water if you want to make thinner/bigger tortillas for e.g. burritos, wraps.
2. Pour about 1/3 cup of the batter into a non-stick skillet. You can add a few drops of oil to the skillet but the tortillas turn out great without oil. Make sure to use a non-stick skillet.
3. Cook for two minutes on low-medium heat, flip the tortilla and cook on the other side for about one minute.

## Note:

- To freeze the tortillas, allow them to come to room temperature, then stack them with a sheet of parchment paper separating each tortilla so they don't stick together as they freeze.



\*VEGAN



\*GLUTEN-FREE

Serves: 7

Nutrition Facts	
7 servings per container	
Serving size	1 Tortilla
Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein 3g</b>	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 1mg	6%
Potassium 112mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	