

Keto Tortillas
by Chef Dawn Ludwig

1 1/2 tsp psyllium husks, ground to a powder (or use psyllium powder)*
1/4 tsp chia seeds, ground to a meal
3 TBS almond flour
pinch of salt
2 TBS warm water
avocado oil for brushing the pan

Combine ground psyllium husks and chia seeds with almond flour and salt in a small bowl. Add water. Stir and form into a small ball or disc of dough.

Set aside for 3 to 5 minutes. Heat a cast iron skillet and brush lightly with oil

Roll the dough between two pieces of parchment paper into a 5- to 6-inch tortilla.

Remove the top piece of parchment and turn the tortilla onto a hot cast iron skillet. Remove the top piece of parchment.

Cook for 2-3 minutes on each side, or until lightly golden.

Fill with your favorite fillings as you would a tortilla. Serve and Enjoy!

* I use a coffee grinder to grind a few tablespoons of psyllium husks at a time and the same for chia seeds. Then, I store them in jars. It makes grinding them easier, and means that I have them already ground when I need them.