

# Keto-Friendly Tortillas

I recently had the opportunity to do a cooking demo in New Delhi, India. So, I decided to re-invent the low-carb tortilla and turn it into a traditional Indian Roti or Chapati. It was a huge success. I added a touch of coconut flour to make it hold together a little better without needing chia seeds. The coconut flour creates a pliability without adding full coconut flavor. The ground psyllium husk is available everywhere in India, so it wasn't a stretch to make this work.

Use either one as a wrap for your favorite fillings. Make it your own by adding herbs or spices, baking it after it's done to turn it into a cracker, or any other ways you can think of. Let us know what you think!

## Updated Recipe:

This recipe uses coconut flour as well as almond flour to bind the dough a little better without adding the flavor of coconut.

Makes 1 Tortilla

3 Tablespoons almond flour

1 Tablespoon coconut flour

2 teaspoons psyllium husks ground to a powder (can be purchased already ground)

Pinch of salt

1/4 cup hot water

avocado oil for brushing the pan

## Directions:

I use a coffee grinder to grind a few tablespoons of psyllium husks at a time. Then, I store it in jars. It makes grinding easier, and means that I have it already ground when I need them. Once ground, combine 2 teaspoons psyllium husks with the almond flour, coconut flour, and a pinch of salt in a small bowl.

Add water. Stir and form into a small ball or disc of dough. Heat a cast iron skillet and brush lightly with oil. While the skillet is heating, roll the dough between two pieces of parchment paper into a 4- to 5-inch tortilla.

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

## Complete Meal

AH Phase 1: Fill each tortilla with 1 egg and 1 egg white, scrambled, 2 TBS beans, 2 TBS shredded cheese, and 1/4 of an avocado, sliced. Serve with a side of 1/2 cup berries and 1/4 cup plain, whole-milk Greek yogurt.

Carbohydrate: 28% Protein: 20% Fat: 52%

Recipe by David Ludwig, MD, PhD, and Dawn Ludwig. All rights reserved.