

Amelia's Whole Wheat Tortillas

From the kitchen of Amelia Duran, San Antonio

Preparation Time: 1:30 hours

Number of servings: 20 tortillas

Ingredients:

2 cups white flour

1 cup whole wheat flour

1 ½ teaspoon baking powder

½ teaspoon salt

⅓ cup applesauce

1 cup warm water

Preparation:

1. In a large bowl, mix flour, baking powder, and salt.
2. Make a dip in the center of the dry ingredients. Add applesauce and warm water.
3. Knead with your hands for about 15 minutes to form dough. Let dough stand covered for 15 minutes.
4. Form 20 balls out of the dough. Set aside for 5 more minutes.
5. Put a small amount of flour on a cutting board and roll each ball out to about 4-5 inches round.
6. Cook each side on a hot griddle or skillet for 1-2 minutes or until covered with bubbles. If bubbles get too big, press them down with a dry, clean dish cloth.

Nutrition information per serving:

FAT: 4% of calories from fat (low)

FIBER: 1 gram (med)

CALORIES: 43



TIP

Add applesauce instead of lard or oil to reduce most of the fat.