

Trim Healthy
WISDOM

Gluten-Free Fiber Tortillas (FP)

(P - I hereby present you with gluten-free, egg-free, dairy-free, high fiber/low-density tortillas/wraps. By low-density... I mean, they don't have many calories (as many store-bought low-carb wraps do), so they're much easier to burn if you're still on a journey to restore your CLBM. Nor do they have the sheisty filler ingredients many of those wraps contain. They are nice and filling with a lovely rustic grill style char to them. They are sturdy yet flexible, hold up to fillings (they don't get soggy and break when you fold them or roll them), and can be the foundation for so many wondrous meal creations. But I gotta be honest... I can't take the glory for this recipe.

These amazing tortillas are inspired by a THM community member, Karen Roth-Ureña, who posted about them, but it is actually her husband, Miguel, who is the maker of them in their home. Miguel doesn't like to be tied down by any recipe rules, so he keeps getting more and more creative with the base ingredients. He makes them savory or sweet... he's even made them chocolate flavored! Karen posted some great pictures on our main Trim Healthy Facebook group of how she and Miguel used these tortillas for so many awesome meals. I was totally intrigued. If you've read the big Wisdom book, you know your wisdom journey needs to be fiber-fueled. Fiber tones your bowels and helps release fat-burning incretin hormones, so these tortillas are perfect to help do that with their high psyllium content. The original recipe called for oat fiber as well as psyllium, but I am not a big fan of too much oat fiber flavor, so after trying a batch or two, admitting they had potential but not fully loving them yet, I switched from oat fiber to Baking Blend and fell in love. I keep the recipe simple (I don't add any of the optional seasonings), and the plain version is something I now put on repeat.

You'll need a [tortilla press](#) for best results with these wraps. You can buy one very inexpensively on Amazon. If you're not sure whether to invest in one of those yet, the first time you make these, you can try rolling them out between two parchment sheets. That's how I started, but honestly, I never got very good results. Once I first pressed them out in a tortilla press to get the right shape going... things got super-fast and easy. I got an even thickness... errr... I mean thinness by giving them a quick roll with a rolling pin once I have their initial shape. The tortilla press was my game changer and cut prep time by miles.

Try the single-serve first to see if they're your thing. If you love them, then make a large batch next time. Pressing a bunch out at a time just makes more time management sense for your busy life.)

Single or Multiple Serve

INGREDIENTS:

Single Serve (Makes 2 Tortillas)

- ¼ cup Baking Blend
- 1 Tbs plus 1 tsp [TH Whole Husk Psyllium Flakes](#)
- 1 tsp [TH Nutritional Yeast](#)
- 4 generous pinches [TH Mineral Salt](#)
- Optional seasonings such as a small sprinkle of onion or garlic powder or go sweet with stevia and vanilla
- ⅓ cup water



Multiple Serve (Makes 8 Tortillas)

- 1 cup Baking Blend
- ¼ cup plus 4 tsp [TH Whole Husk Psyllium Flakes](#)
- 1 Tbs Plus 1 tsp [TH Nutritional Yeast](#)
- ½–¾ tsp [TH Mineral Salt](#)
- Optional seasonings such as onion or garlic powder or go sweet with stevia and vanilla
- 1⅓ cups water

INSTRUCTIONS:

1. Place all ingredients in a medium-sized bowl. Stir well with a fork. The mixture will seem dry at first, but keep stirring until well combined.
2. Line a tortilla press with parchment paper.
3. If using the single-serve version, divide the mix into halves. Pick up half the mix with your hands, roll it into a dough ball, place it on a parchment-lined tortilla press,

add another piece of parchment over top, and press down all the way so the dough spreads out into a tortilla shape. Keep the tortilla between the parchment pieces and use a rolling pin to roll it for a few more seconds to get it thinner and larger. You want it as thin as you can without breaking.

4. Spread out some paper towels on your counter. Take the bottom piece of parchment (the tortilla will be attached to it) and turn the parchment upside down so the tortilla slides onto one of the paper towels to rest. Make the other tortillas in the same way. (If making the large batch, make your eight tortillas in a similar fashion.)

5. Set a healthy-style, non-stick ceramic griddle or fry pan to medium/high heat. You shouldn't have to spray it with oil, but you can do that lightly the first time if you're worried your first tortilla will stick. Take a paper towel with a tortilla resting on it and turn it upside down over the griddle or pan to release the tortilla onto the heat. If using a griddle, you should be able to cook two at a time, but it will be one at a time for a regular fry pan. (They only take a couple of minutes to cook on each side.) Let the bottom side get a little brown char on it, then turn it over and cook the other side.

6. Store any unused tortillas in a baggie in the fridge.

Protein Nerd Notes:

These tortillas are not a protein source. You will still need a full 25-30 grams of protein in your meal or snack.