

100% Whole Grain Tortilla

Makes 6 servings | Serving size: 1 tortilla

Ingredients Needed:

- 2 cups whole wheat flour
- ¼ cup instant nonfat dry milk
- ½ tablespoon baking powder
- ¼ cup vegetable oil
- ½ cup plus 2 tablespoons warm water
- Vegetable cooking spray



Directions:

1. Combine flour, nonfat dry milk powder, and baking powder in a mixing bowl.
2. Add vegetable oil and mix well with fingertips.
3. Add water slowly to the mixture using one hand for mixing to work into dough.

4. Lay out on a clean cloth. Divide dough into 6 medium-sized balls and roll out each ball until round, flat and thin on the clean cloth.
5. Spray pan with vegetable cooking spray. Cook on moderately hot pan, turning each side until lightly browned.

Tip:

- Heat cold tortillas to make them easier to fold. Cover tortillas with a moist paper towel and heat for 30 seconds in the microwave.