

Whole Wheat Flour Tortillas

Ingredients:

(Makes 8-10 tortillas)

- 4 cups whole wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 cup canola oil
- 1 1/2 cups warm water (or enough to make the dough the right consistency).



Directions: Children can help with all the steps, EXCEPT the steps 5 and 7 and 8, which are the cooking steps.

- 1** In a large mixing bowl, combine all of the dry ingredients, and then add the canola oil and $\frac{3}{4}$ cup of the water. Mix together with your hands and continue adding water into the dough until it forms a solid ball, but is not too sticky. If needed, add more flour or water.
- 2** Knead the dough on a floured board for 5 minutes.

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Directions:

- 3 Cut the dough into 8 to 10 equal portions.
- 4 Roll each piece into a ball, place them on a lightly floured surface, and cover with a damp towel. Let the dough balls rest for about 20 minutes or so. This will make them easier to roll out.
- 5 Heat a cast iron pan or griddle to medium heat.
- 6 Roll out the dough, one piece at a time to about 1/4 inch thickness.
- 7 Place one round of dough on the griddle and cook on each side for about 30 seconds. Take care that the griddle is not too hot or the tortillas will scorch.
- 8 Continue the process with the remaining portions of dough.

The cooked tortillas will keep for two weeks in the refrigerator or up to six months in the freezer.



Child Health Initiative for Lifelong Eating & Exercise