



# Nonna Snowden Cooks

Laugh Hard. Cook Good. Fight Breast Cancer.



## Flour & Low Carb Tortillas

Nonna Snowden recommends you visit her at [www.nonnasnowdencooks.com](http://www.nonnasnowdencooks.com) and watch her “how to” videos on preparing several dishes. You can, also, visit [Nonna's YouTube channel](#) here. In this video, Maw Maw Gwen teaches Nonna how to make homemade flour tortillas. In a twist Nonna then teaches Maw Maw Gwen how to make low carb tortillas. Once the tortillas are complete, they made quesadillas using shredded pork and shredded chicken from their tamales video. We hope you enjoy these recipes and take a look at our tamale video and recipes!

### Ingredients: Flour Tortilla

3 cups All Purpose Flour  
1/3 cup Canola Oil  
1 tsp Baking Powder  
1 tsp Kosher Salt  
1 cup HOT Water  
Parchment Paper

### Preparation:Flour Tortilla

1. Put flour, baking powder, canola oil, into to food processor. Use chopping blade.
2. Start with pulse, then move to low speed. Add HOT water a little bit at at time. Process until the flour becomes dough. It should be sticky.
3. Knead the dough. Put a little flour on your hands and on the counter top and work the dough (don't over do the flour, use the minimum necessary). Best to watch the video to see how and get an idea for the dough texture. However, the dough should be moist and a little tacky. It should not be sticky, like it was when it came out of the processor.
4. Pull off small balls of the dough. Should make about 16ish balls. The balls should be about even size. You can do small or big tortillas as you see fit.
5. Use a rolling pin to roll a dough ball into a small thin flat circular tortilla.
6. Put a little canola oil into a frying pan to ensure dough doesn't stick to the pan. Use a low heat.
7. Put one of the raw tortilla rolls in the frying pan and heat until the dough bubbles. Flip 2-3 times as the tortilla bubbles. The tortilla is done when it bubbles on both sides and parts there are small brown spots on the tortilla.

### LOW CARBOHYDRATE TORTILLA:

Recipe is compliments of [Simply So Healthy](#) website ([www.simplysohealthywebsite.com](http://www.simplysohealthywebsite.com)). Simply So Healthy's written recipe is attached.

Nonna donates 50% of proceeds to [JumpForTheRose.org](http://JumpForTheRose.org).



# Low-Carb Tortillas



Finally--it's the tortilla you've been waiting for! These low-carb tortillas are simple to make and require only three ingredients, yet they make delicious wraps for sandwiches and burritos! They are suitable for low-carb, ketogenic, diabetic, and LC/HF diets.

<b>Course</b>	bread
<b>Cuisine</b>	keto, low-carb, Mexican
<b>Keyword</b>	best low carb tortillas, gluten free tortilla, keto mexican food, keto torillas, keto tortilla recipe, low carb mexican, low carb tortilla recipe, low carb tortillas
<b>Prep Time</b>	10 minutes
<b>Cook Time</b>	7 minutes
<b>Total Time</b>	17 minutes
<b>Servings</b>	4
<b>Calories</b>	264 kcal
<b>Author</b>	Annissa Slusher

## Ingredients

- 2 cups part-skim grated mozzarella cheese (8 ounces)
- 3/4 cup super fine almond flour
- 1/4 teaspoon salt

## Instructions

1. Preheat oven to 375° F. Cut 5 pieces of parchment about 14 inches long. Have a rolling pin and 2 cookie sheets available.
2. Place mozzarella cheese, almond flour and salt in a food processor. Pulse to chop mozzarella and combine all ingredients well. Mixture should appear mealy.
3. Transfer mixture to a large, heavy saucepan. Heat over low heat while stirring constantly.
4. As the cheese melts, the ingredients will start to develop a doughy appearance. When it starts to hold together in a ball, turn it out onto a piece of parchment paper.
5. While the dough is hot, but not hot enough to burn your hands, kneed the dough to completely mix the ingredients. Divide the dough into 4 equal sections. Place three of the sections back in the warm pan (but not over heat) to keep them warm while you work.
6. Form one section into a ball and place on a piece of parchment paper. Pat into a disk shape, then cover with another piece of parchment. Using the rolling pin, roll into about a 9 inch circle. Place the circle of dough on half of the parchment lined baking sheet. Set aside.
7. Repeat for the second ball of dough and place it on the other side of the baking pan. Repeat for the other two pieces of dough.
8. Bake the tortillas for 5-7 minutes or until the outside edges just begin to brown. Watch them carefully as it is easy to burn them. Allow them to cool slightly before gently loosening them with a spatula and removing them from the pan.
9. Fill tortillas with filling of choice while they are slightly warm for best results. Refrigerate any extras in an airtight container. Warm leftover tortillas gently before using.

## Recipe Notes

Serving size: 1 tortilla

Per serving:

Net Carbs: 4 grams

# Nutrition Facts

Low-Carb Tortillas

Amount Per Serving (1 tortilla)

**Calories** 264      Calories from Fat 180

**% Daily Value\***

**Fat** 20g      **31%**

    Saturated Fat 6g      **38%**

    Monounsaturated Fat 3g

**Cholesterol** 36mg      **12%**

**Sodium** 496mg      **22%**

**Potassium** 48mg      **1%**

**Carbohydrates** 6g      **2%**

    Fiber 2g      **8%**

    Sugar 1g      **1%**

**Protein** 18g      **36%**

**Vitamin A** 250IU      **5%**

**Calcium** 490mg      **49%**

**Iron** 0.9mg      **5%**

\* Percent Daily Values are based on a 2000 calorie diet.

[simplysohealthy.com](http://simplysohealthy.com)