

WHOLE WHEAT FLOUR TORTILLA

Embrace the art of homemade goodness in every fold
using simple pantry staples.



Whole Wheat Flour Tortilla



SERVINGS



PREP TIME



COOK TIME

Ingredients

625 mL	(2½ cups)	whole wheat flour
1 mL	(¼ tsp)	salt (optional)
10 mL	(2 tsp)	baking powder
250 mL	(1 cup)	hot water
60 mL	(¼ cup)	vegetable oil
As needed		whole wheat flour (for dusting)

Instructions

1. In a large bowl, mix whole wheat flour, salt, and baking powder together.
2. Add hot water and vegetable oil. Stir well with a spoon until a dough begins to form.
3. When dough is cool enough to handle, turn onto a clean counter and knead dough by hand by continuously folding and pressing the dough onto itself until all the flour comes together into a ball. Knead for about 5 minutes or until the dough is smooth.
4. Divide dough into 8 even pieces and form into balls.
5. Using a rolling pin, roll each ball into very thin tortillas, about 20 cm in diameter, dusting with flour to prevent dough from sticking to the counter and rolling pin.
6. Heat a large pan or skillet over high heat.
7. Cook tortilla for 20 seconds and flip. Cook for an additional 15–20 seconds or until tortillas are lightly browned. Remove from pan and wrap in a clean towel to cool.



PLAN IT OUT

Double the batch and freeze to have extra on hand for our black bean enchilada recipe.



KIDS IN THE KITCHEN

Let kids have fun with kneading dough, an important food skill.



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