



Flour Tortillas and Tortilla Chips

Makes 6 tortillas or 48 tortilla chips

Ingredients:

1 cup (140g) *Country Sunrise Baking Flour Mix**
½ tsp Salt
1 tbsp Oil
½ cup Warm water, depending on if the dough is to dry.



Preparation:

Tortillas

1. Mix dry flour and salt.
2. Add warm water and oil and mix with a spoon.
3. Roll into 6 small balls.
4. Flatten with hands then roll out with rolling pin until flat and thin on floured (CS Flour) surface.
5. Brown 30-45 seconds on each side in a frying pan that has been lightly greased with vegetable oil.

Chips

6. Cut browned tortilla shells into 8 triangles each.
7. Toss with salt and olive oil to taste.
8. Place on cookie sheet and bake at 350°F for 8-10 minutes.

Nutritional Information

Serving size	Phenylalanine, mg
Per Recipe	28
Per Tortilla	5

* PKU Perspectives