

Homemade Tortillas

Yummy with just a little honey!

6 servings

Ingredients:

- 1 cup flour
- 1 tablespoon shortening
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder
- 1/3 cup warm milk

Directions:

1. In a medium-size bowl, mix flour, shortening, salt and baking powder until it crumbles. Slowly add milk and stir until ingredients are combined. **2.** Knead dough on an unfloured surface to form a soft ball. **3.** Divide dough into 6 pieces and roll or pat each into a thin, flat circle. **4.** Place one tortilla at a time on an ungreased skillet or griddle over medium-high heat and cook each side for 1 to 2 minutes. **5.** Serve warm with butter or honey.

Nutrition Facts: One tortilla provides 100 calories, 2g total fat, 240mg cholesterol, 240mg sodium, 17g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice
Homeade Tortillas
Honey
Apple Slices

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