

## Homemade Tortillas

Serves 6

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



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.

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# K-STATE

Research and Extension

Nutrition Facts	
Serving Size 1 tortilla (37g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 100	<b>Calories from Fat</b> 20
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	4%
Saturated Fat 0.5g	3%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 240mg	10%
<b>Total Carbohydrate</b> 17g	6%
Dietary Fiber less than 1g	2%
Sugars 1g	
<b>Protein</b> 7g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet.	

Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777

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