

Whole Grain Tortillas

2 ½ cups whole wheat or rye flour

½ cup olive oil

1 tsp salt

1 cup warm water

Hand mix flour, oil, and salt until well incorporated. Gradually mix in water until a soft smooth dough forms. Cover the dough and let rest for around 30 minutes. Now, make golf ball sized dough balls with your hands and use a rolling pin to flatten out the dough on a lightly floured surface. Warm up a skillet on the stove top on medium heat and heat up both sides of the tortilla until golden brown.