

# RECIPE OF THE WEEK: PALEO EDITION

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## Coconut Flour Tortillas

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### Ingredients:

1 tbsp coconut flour  
1/16 tsp baking powder  
2 egg whites  
2 tbsp water or coconut milk (coconut milk works better)  
coconut oil

### Instructions:

Mix the coconut flour and baking powder with the water (or milk) and egg whites. Whisk or blend until all lumps disappear (mix, then wait a couple of minutes and mix again).

Heat a pan and grease with coconut oil (grease well). Pour batter in center of pan. Tilt the pan around to spread the batter into a large circle, almost covering the entire bottom of the pan. Be very careful with this part: wait until the edges are brown on the side of the tortilla, or carefully circle spatula around the bottom of tortilla until safe to flip. Once safe, flip the tortilla and cook for about 30 seconds on the other side.

[Great to use with the Seafood Enchiladas Recipe!](#)

Compliments of [tropicaltraditions.com](http://tropicaltraditions.com) – FYI you can order lots of good stuff from this website to use for paleo cooking if you don't know where to find some ingredients!

