Nopales Corn Tortillas

16 Servings • 1 Serving = 1 Tortilla

INGREDIENTS

- 3 cactus paddles or 2 cups of pre-cut nopales (if canned or jarred, drain liquid before measuring)
- 3 ½ cups masa
- Pinch of salt
- 2 cups warm water

DIRECTIONS

1. In a large bowl, combine the almond flour, baking powder, and salt. Whisk together.
2. If using whole cactus paddles, scrape and remove visible thorns by using a dull knife. After the thorns are removed, dice them into smaller pieces.
3. Puree the nopales in a blender until smooth. Set aside.
4. In a mixing bowl, combine the masa with the salt and gradually add water as needed to make a dough that is not too sticky or watery.
5. Knead the dough by hand until it is soft and doesn't stick together. Add the pureed nopales and knead into the dough.
6. Separate the dough into even sized small balls. Refrigerate for 10 minutes to an hour.
7. Flatten each ball between two sheets of plastic wrap with a tortilla press.
8. Cook each side on a medium heat skillet for 1 to 2 minutes or until they puff.
9. Keep the tortillas warm in a covered basket.

Nutrition Facts

16 servings per container

Serving size **1 Tortilla**

Amount per serving

Calories **90**

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 46mg	4%
Iron 2mg	10%
Potassium 82mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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