



## Keto Paleo Tortillas

**Active Time:** 10 minutes | **Total Time:** 30 minutes | **Serves:** 8

### Nutrition Information Per Serving

89.5 calories, 3.19 g carbohydrate, 2.24 g fiber, 0.95 g NET carbs, 2.28 g protein, 7.95 g fat

#### Ingredients

- 3/4 cup(s) Miracle Mix
- 1 Tbsp organic psyllium husk powder
- 2 Tbsp(s) pastured pork lard
- 1/2 cup(s) boiling water
- 2 large(s) egg whites
- 1 Tbsp organic golden flaxseed, ground

#### Preparation

1. Preheat a tortilla press or a cast iron skillet over medium heat.
2. In a medium bowl, mix together the dry ingredients.
3. Add the lard and mix with a fork or your hands to form a shaggy dough. Stir in the egg whites.
4. Pour in the boiling water, stirring quickly to incorporate. The dough will swell and become easy to work with.
5. Divide dough into 8 balls, each one weighing roughly an ounce.
6. Place dough onto wax or parchment and flatten out to a circle that's 4 inches in diameter.
7. Put flattened dough onto press or skillet. Cook 2 minutes to golden brown, then flip.

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