



Oat Flour Tortillas



SERVINGS

12



COOKING TIME

5 min

Craft wholesome and versatile Oat Flour Tortillas, using simple ingredients like oat flour, water, and salt, for a nutritious twist on the traditional tortilla that's perfect for any meal.

Ingredients

- 1 ¼ cups | 200 g [Quaker® Oat Flour](#)
- 1 cup | 100 g Quaker masa harina (nixtamalized corn flour) add more if needed
- 1 + 1/2 cup | 400 ml water
- 3/4-1 tsp | 4-6 g salt
- Parchment paper or wax paper squares

Cooking Instructions

1. Add the masa harina, oat flour and salt to a mixing bowl and combine well.
2. Add half of the water and stir until all of the water is absorbed.
3. Start adding the rest of the water slowly, a few tablespoons at a time, and stirring regularly. The exact amount of water will vary, so do not add it all at once. Keep adding water little by little that until you can pick it up with your hands and knead it together. Knead the dough for 1-2 minutes and let it rest for 5 minutes.
4. Shape the dough into balls of 40 g or slightly larger than golf ball sized each.
5. To flatten the balls between pieces into tortillas you can use a tortilla press, a skillet or any flat-bottomed dish between pieces of parchment or wax paper.
6. Heat a skillet to high heat, brush with a small amount of oil if needed. Add a tortilla and flip after 45 seconds-1 minute, then cook the other side for one more minute or until brown spots form on each side.
7. These are best eaten right off the skillet! But you can keep them warm by simply wrapping them in a tea towel or by using a dedicated tortilla warmer. Serve with your favorite Taco Tuesday toppings and enjoy!