



GENESIS
-HEALTH REVOLUTION-

← *Recipe Card* →

Gluten-Free Spinach Tortilla

INGREDIENTS:

- 1 C garbanzo flour
- 1/2 C tapioca flour/starch
- 2 oz/1/4 C fresh baby spinach leaves
- 1-1/8 C water
- 1/3 tsp salt
- Oil for pan

DIRECTIONS:

- Place all ingredients into a blender and blend until smooth.
- Heat non-stick skillet to medium heat.
- Use a 1/3 C measuring cup to pour mix onto the hot skillet.
- Swirl. You want it to be thin.
- Cook 2 min, flip and cook 1 min.
- These reheat well.

These also taste great as a crepe! They are very strong and hold together nicely.



