

OVĀVO AVOCADO TORTILLA WRAPS

*A healthy fat substitute
which makes wraps softer
and more foldable*

INGREDIENTS

- 3 cups of all purpose flour
- 1 tsp of baking powder
- 1 tsp of salt
- ¼ cup of canola oil
(or neutral flavoured oil)
- 1 tbsp of OVĀVO
avocado powder
- 1 cup of warm water

 **PREP/COOK TIME** 1 HR
 **SERVINGS** APPROX 16

Note: Avocado powder can be used in pita, naan or any other wrap type breads. We used a clean label natural plant extract for a more vibrant green if desired.

RECIPE

1. Blend flour, baking powder and salt on low speed for a few seconds until combined.
2. Mix avocado powder and oil to form a slurry, then add to mixer on medium speed, along with the water for approximately 1 minute until dough comes together.
3. Reduce to low speed and blend for a further 1-2 minutes until dough is smooth and elastic. The dough must be tacky to touch, but not sticking to hands. If you don't have a blender, you can mix and knead by hand.
4. Roll the dough into a ball, cover with a clean, damp kitchen towel, and leave to rest for 30 minutes at room temperature.
5. Separate dough roughly into 80g pieces on a lightly floured surface and roll out in a pastry maker to 2mm thickness (suggest 2 -3 passes at increasingly thinner settings). Alternatively you can use a rolling pin.
6. Stamp out tortillas into roughly 16cm diameter and stack, separating with baking paper, so they don't stick.
7. Cook in a hot pan for 45-60 seconds until the bottom has a few pale brown spots and the top is starting to bubble. Flip and cook for a further 15-20 seconds. Enjoy or store in a zip lock bag/container refrigerated for up to 1 week.