



# 100% Guardian Grains Spelt Tortillas

We increase the liquid and use water that's almost boiling, ditch the leavening, and enjoy 100% ancient whole grain tortillas that puff up like perfection.

## Ingredients

- 350 g wheat berries, Spelt
- 7 g sea salt
- 30 g extra virgin olive oil
- 285 g water (VERY HOT water)

## Directions

1. Mill the grains into fine flour.
2. Add sea salt and mix together so everything is evenly distributed.
3. Mix together until well incorporated. I used a danish dough whisk, but a spoon or spatula will work fine.
4. Add the very hot, almost boiling water.
5. Add the olive oil and knead a few minutes by hand or by mixer 1.5 minutes.

### SCALING AND SHAPING:

7. Divide into 8 equal dough balls. I eyeballed it by forming a square and dividing into quarters, then divide each quarter in half. Roll into balls.
8. Roll out into thin 9 - 10 inch circles about 1/16" inches thickness.
9. Heat an electric skillet or comal to 450 F or use medium low on the stovetop. Cook each one for about 30 seconds on one side, flip, and a 5-10 seconds later flip it back over again. Cook for about 30 more seconds as the tortilla puffs up.
10. Keep tortillas on a plate or something covered with a towel, so the steam stays in them, and keeps them soft.

## Notes

[Spelt by Guardian Grains](#)

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