

SOFT Gluten Free WRAPS or TORTILLAS (vegan, FODMAP friendly, grain free)



Your 'handling' time: 15 minutes



Cook Time: 5-7mins each



Serving: 6-10 wraps

Ingredients

SMALL FAMILY

330g	500g	water, warm
½	1	packet active dry yeast
330g	500g	Gluten Free Bread Mix
2tbs	3tbs	extra virgin olive oil
1tbs	1.5tbs	apple cider vinegar
1tsp	1.5tsp	raw sugar or rice malt (optional)
1tbs is 15 ml		



Cooking Method

- In a large bowl, combine ingredients
- Mix well by hand or in your favourite electric mixer until well mixed (5mins), scrape down the sides regularly.
- Let the dough stand for 15 mins to thicken.
- Shape the dough into a ball and let rise in a covered bowl or container for a further 30-45mins or alternatively: you can keep the dough in the fridge for up to 12hrs (thaw 1hr prior to use)
- When you are ready, divide the dough into 100-150g portions and shape into balls
- Dip or dust the dough balls generously with rice flour.
- Using a rolling pin, roll one dough ball to a thickness of 2mm in between two sheets of baking paper
- Peel the top sheet of baking paper and repeat the process for the rest of the dough balls.
- Prepare a heavy skillet pan and heat on medium for a few minutes until it is hot but not smoky
- Cook the wrap evenly on both sides until blistered and golden brown – do not overcook to keep the wrap soft and flexible
- Transfer the warm wrap one by one straight into a thick tea towel and wrap thoroughly. This will keep the wrap warm, soft and flexible.

*FREEZER friendly WRAPS or TORTILLAS:
Cooked wraps can be frozen and thawed,
ready to use making it very convenient to have
in your freezer.*

More recipes inc. sourdough: www.wildsourdough.com.au

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Dry bread mix INGREDIENTS: WHOLEMEAL GLUTEN FREE FLOUR BLEND (sorghum, organic stoneground buckwheat, chia seed, organic psyllium), organic tapioca starch, bamboo shoot fibre, calcium carbonate, sea salt. Made in Australia from 40% Australian ingredients (**Gluten free & gluten tested; high protein 11%; high fibre 15%; grain free, Fodmap friendly; corn, soya, rice free**)

SOFT Gluten Free Sourdough WRAPS or TORTILLAS (vegan, FODMAP friendly, grain free)



Your 'handling' time: 15 minutes



Cook Time: 5-7mins each



Serving: 8-12 wraps

Ingredients

SMALL FAMILY

330g 500g water, warm
150g 200g gluten free sourdough starter, active
(1 flour to 1 water)
330g 500g Gluten Free Bread Mix
2tbs 3tbs extra virgin olive oil
1tsp 1.5tsp raw sugar or rice malt (optional)
1tbs is 15 ml



Cooking Method

- In a large bowl, combine ingredients
- Mix well by hand or in your favourite electric mixer until well mixed (5mins), scrape down the sides regularly.
- Let the dough stand for 15 mins to thicken.
- Shape the dough into a ball and let rise in a covered bowl or container for a further 2-3hrs or alternatively: you can keep the dough in the fridge for up to 24hrs (thaw 1hr prior to use)
- When you are ready, divide the dough into 100-150g portions and shape into balls
- Dip or dust the dough balls generously with rice flour.
- Using a rolling pin, roll one dough ball to a thickness of 2mm in between two sheets of baking paper
- Peel the top sheet of baking paper and repeat the process for the rest of the dough balls.
- Prepare a heavy skillet pan and heat on medium for a few minutes until it is hot but not smoky
- Cook the wrap evenly on both sides until blistered and golden brown – do not overcook to keep the wrap soft and flexible
- Transfer the warm wrap one by one straight into a thick tea towel and wrap thoroughly. This will keep the wrap warm, soft and flexible.

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GlutenFree sourdough starter is available from www.wildsourdough.com.au COPYRIGHT WILD SOURDOUGH YOKE MARDEWI

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