

# Sweet Potato Cassava Flour Tortillas

Recipe from [www.blessthismessplease.com](http://www.blessthismessplease.com)

**Total Time: 35 minutes**

**Yield: 8 tortillas**

**Gluten-free, Dairy Free, AIP & Paleo**

## Ingredients:

- 2 large sweet potatoes
- 1.5 cups of cassava flour
- 1/2 teaspoon salt
- Avocado oil spray

## Instructions:

- Preheat the oven to 400F
- Clean sweet potatoes well, scrubbing with a brush and water
- Poke holes in potatoes using a fork and place them in a baking dish in the oven
- Bake for 45 minutes or until tender
- Remove potatoes from the oven to cool and remove skins from potatoes
- Place peeled sweet potatoes in a blender and process until smooth
- Measure out 1.5 cups of the pureed sweet potato and place in a large bowl
- Add cassava flour and salt to the bowl and stir to combine
- Dump the "dough" on a clean surface and knead to combine (texture should resemble homemade play-dough, add a small amount of cassava flour if dough is too sticky)
- Divide dough into 8 equal pieces and roll each into a smooth ball
- Place each ball of dough on a piece of parchment paper and place a second piece of parchment paper on top
- Using a rolling pin, gently roll the dough into a circle about 1/4 inch thick
- Spray a cast iron skillet with avocado oil and heat to medium
- Place tortilla into the skillet and cook for about 1 minute on each side
- Remove tortilla from pan and place it in a clean dish towel to stay warm

**Caitlyn Kambouroglos**

Functional Medicine Registered Dietitian

[caitlyn@turnpaughhwc.com](mailto:caitlyn@turnpaughhwc.com)

717.879.9899



**Turnpaugh  
Health**