

Roasted Sweet Potato Coconut Flour Tacos

Prep: 30 min Cook: 0 min Total: 1 hr Servings: 12

Calories: 175 Fat: 6g Protein: 7g Carbs: 30g Fiber: 0g

Ingredients

tortillas:

- 1 cup Coconut Flour
- 4 Tbsp psyllium husk powder
- 1 tsp baking powder
- 1 tsp salt
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp cumin powder
- 4 eggs
- 1 1/2 cups boiling water
- BBF Avocado oil for frying (as needed)

Taco Ingredients:

- 1 large sweet potato peeled sliced into 1/4 inch matchsticks and roasted
- 1 1/2 cups fresh shredded cabbage
- 1/2 cup fresh tomatoes
- 1/2 cup sour cream

Directions

1. In a bowl, mix together the coconut flour, psyllium husk powder, baking powder, salt, garlic powder, onion powder, and cumin.
2. Add the eggs and mix as well as you can. The mixture will resemble small dough pebbles.
3. Pour the boiling water over the dough, 1/2 cup at a time, mixing with a silicone spatula after each addition.
4. As you mix, the psyllium and coconut flour will absorb the water and the dough will come together.
5. Once fully combined, let the dough sit for a few minutes to cool slightly, as it will be hot to handle.
6. Divide the dough into 10 equal balls, about 2 oz each.

7. Tortilla Press Method: Line the tortilla press with plastic wrap. Place one dough ball in the center and press to flatten. Set the tortilla aside, layering parchment paper or plastic wrap between each one to prevent sticking.
8. Rolling Pin Method: Place one dough ball between two sheets of parchment paper. Roll it out into a large circle. Repeat with the remaining dough balls.
9. Heat a small amount of oil in a frying pan or skillet over medium heat. Cook each tortilla one at a time for 30-60 seconds on each side, until golden brown. The tortillas will puff up as they cook but will flatten as they cool.
10. Transfer the cooked tortillas to a plate and let them cool before serving.
11. Enjoy your Roasted Sweet Potato Coconut Flour Tacos!