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# Mini Tortillas

## Recipe makes:

4 portions (4 tortillas)

## Preparation time:

10 minutes

## Cooking time:

5 minutes

Nutritional Information	Per portion
Energy	89 kcal
Protein	5.9g
Carbohydrates of which sugars	4.5g 0g
Total Fat	2.8g

## Ingredients:

100g FiberFlour\*  
3g baking powder  
1g garlic powder

1g fajita mix  
75g water  
2g tomato purée

## Method:

1. Add FiberFlour, baking powder, garlic powder and fajita mix to a bowl.
2. In a separate bowl, mix together the water and tomato purée.
3. Add the wet ingredients to the Fiberflour mix and knead into a dough.
4. Divide dough into 4 equal portions (approx 43g) and roll into 4 inch circles.
5. Heat a dry frying pan to medium heat and cook each tortilla for a couple of minutes on each side.
6. Set the tortillas aside to cool and cover with a clean tea towel.

## Dietitian's comments:

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\*FiberFlour is a low-carbohydrate, high-fibre alternative to traditional whole wheat flour made by Lonjevity Foods. Around 100g of FiberFlour will provide 23g protein, 42g fibre and 15g net carbohydrates. FiberFlour can be purchased from Amazon.co.uk and lonjevity-foods.com.

Alternative products may be available - please check with your Dietitian.

**Always check with your dietitian that this recipe is suitable for you.**

This recipe has been specifically designed for the dietary management of Hepatic Glycogen Storage Diseases and has been analysed using Nutriment analysis. Refer to labels for allergen and other product information.



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