

CASSAVA TORTILLA CHIPS

Servings 4-6

INGREDIENTS

- 1 ½ cups cassava flour
- ½ tsp. sea salt
- ¼ cup avocado oil or melted coconut oil
- ¾ cup warm water (plus more if needed)
- Avocado oil spray
- Sea salt for topping
- Optional flavorings as desired: cumin, chili powder, lime juice, garlic & onion powder, cinnamon & coconut sugar...



INSTRUCTIONS

1. Preheat oven to 400 degrees F.
2. In a large bowl, whisk together cassava flour and sea salt.
3. Add oil and warm water and use your hands to knead into a dough that sticks together but is not too liquidy or sticky. If still dry and crumbly add more water 1 Tbls. at a time.
4. Roll dough into a log and break off or cut into 6 equal pieces. Roll each piece into a ball and place between 2 pieces of wax or parchment paper.
5. Using your hands, a rolling pin or a tortilla press, press ball flat to the shape of a tortilla about 1/8" thick.
6. Heat a dry skillet over medium heat and cook each tortilla 1-2 minutes per side. Let them cool slightly and then use a pizza cutter to slice into chips.
7. Place chips on parchment-lined baking sheet and spray with oil on both sides. Sprinkle with sea salt or other preferred flavorings and bake for 15 minutes, flipping the chips halfway through. Add more or less time depending how crispy you want them.