

# ~7U Ranch Egg Burritos~

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No need to be intimidated by the tortillas! You can easily do it. They really are easy and you just have to dive in and try them. They have a wonderful texture and flavor, not to mention...they don't fall apart, thanks to the guar gum that is included! Need any help, just ask! Raini ~ raini@7u-ranch.com

## What you will need for tortillas:

- 3 cups Spelt Flour (this can be whole spelt, white, sprouted flour, wheat or gluten free blend)
- 1 tsp Sea Salt (I use Himalayan or Celtic) need some?
- 1 tsp baking powder (aluminum free is best)
- 1/2 tsp guar gum or xanthan gum
- 1 tsp cream of tartar
- 1/3 cup olive oil
- 1 cup warm water (It is important that it is very warm)

In a bowl, combine flour, sea salt, baking powder, guar gum and cream of tartar. (It is really important to mix guar gum in the dry mixture or it will clump and won't do it's job) Mix well. Add olive oil and warm water. Stir well. Knead until soft. (If too wet, add a little more flour – your goal is to create a soft dough) Pinch small balls of dough off and roll into a circle about an 1/8th inch deep - Don't worry! They don't have to look perfect. Sometimes mine end up in some pretty funny looking shapes ;) Cook about one minute on each side in a cast iron pan over medium heat.

## Filling:

Fill with scrambled 7U Ranch eggs and a dollop of 7U Ranch raw cream top yogurt.

## Other filling ideas:

~Sizzling strips of 7U Ranch pasture-fed meat and red peppers topped with 7U Ranch cream top yogurt

~Cook down seasoned 7U Ranch Roast in your crock pot until tender. Pull apart and place in tortillas with raw cheddar and hot sauce

~Saute 7U Ranch ground beef in pan. Add refried beans and olives. Top with 7U ranch cream top yogurt

## Tips and tricks:

1)If you are like us and don't tolerate wheat well, try using spelt flour or a gluten free blend. If you would like to replace the flour with whole wheat, sprouted flour or gluten free blends~ Do it! I have tried many different flours and they all work.

2)If you are using a gluten free flour, make sure you add enough guar gum to bind it.

Still need some help?...just ask.

-Raini

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