

Curry Tortillas



Ingredients

- 1 Pkg Ideal Protein Mashed Potato
- 1/3 cup of carton egg whites
- 3 – 4 T water
- 1/4 tsp cumin
- 1 – 2 tsp curry powder

Hard to believe how amazing these tortillas are! Fill with tuna or egg salad for a filling and delicious phase 1 lunch.

Instructions

Mix the Ideal Protein Mashed Potato package with all other ingredients (start with 3 T of water) Blend until smooth.

Pour half the mixture into a lightly sprayed non-stick pan.

Using the back of a spoon spread the mixture out to about 6" in diameter.

Cook for 1 minute, flip and cook for another 30 – 45 seconds. Tortilla is done when lightly browned.

Repeat with the other half of the batter. If the batter has thickened too much at the remaining water to thin.



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