

# Keto Mediterranean Tortillas



by  
**DR. JOCKERS**

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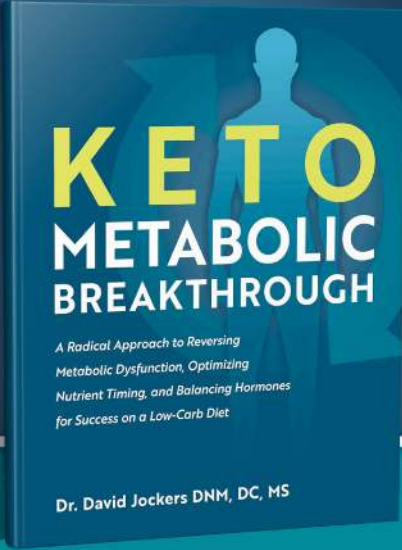
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## Keto Mediterranean Tortillas:

This recipe was made by my wife Angel. Check out Angel's [website](#), [instagram](#) and [facebook page](#) where she shares stories and pics about our life. She also has a great [YouTube channel](#) you can check out as well. I love this recipe and I think you guys will really enjoy it!

If you enjoy recipes like this, you may be interested in my advanced nutrition and recipe book the [Keto Metabolic Breakthrough](#).



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## Keto Mediterranean Tortillas

prep: 15 mins

**cook:** 15 mins

**total:** 30 mins

**author:** angel jockers

**yield:** 6–8 tortillas

## Ingredients:

3 pasture raised eggs, organic

1 head cauliflower, organic

1/2 tsp **sea salt**

1/4 tsp **dried basil**

1/4 tsp **dried oregano**

1/4 tsp **dried thyme**

Pinch **black pepper** (optional)

## Instructions:

**Step 1:** Preheat oven to 375°F.

**Step 2:** Prep your cauliflower by cutting off stems and washing the florets. Next add your cauliflower to a food processor or blender and mix until you have "flour." (This will roughly be about 3 cups worth of "flour.")

**Step 3:** Next add the "flour" to a cooking pot with 1/4 cup of water, and allow cauliflower to cook for 10 minutes. Let it cool, then transfer it to a kitchen towel (or muslin cloth) and squeeze out as much water as possible.

**Step 4:** In a medium mixing bowl, add your cauliflower flour, eggs, salt, and herbs. Mix by hand.

**Step 5:** Line your baking tray with parchment paper. Add 2 tablespoons of mixture onto parchment paper. With your hand (or the back of a spoon) form a flat, even circle. Repeat until all the mixture has been used. (You will have about 6–8 flat circles.) Bake at 375° for 10 minutes, remove from oven and flip each tortilla and cook for more 5 minutes.

**Step 6:** Before serving, heat and lightly brown tortillas in a hot skillet.

**Step 7:** Enjoy!

## Notes

Macros calculated

**courses:** side dish

**cuisine:** mexican

## Nutrition Facts

Serving Size 1 tortilla (1/8 of recipe)

Amount Per Serving

**Calories** 45

% Daily Value

**Total Fat** 2 g 3%

**Total Carbohydrates** 4 g 1%

Dietary Fiber 2 g 8%

Sugars 1 g

**Protein** 4 g 8%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



## Special Notes:

Feel free to add different herbs that you like for this recipe. To make it fat-burning, add in 1/4 tsp of cayenne pepper and it will give it more of a chili flavor. I also like rosemary which has a great flavor and is excellent for gut and brain health.

This recipe would be great to serve with our [Lemon Creamy Superfood Guacamole](#) and our [Keto Chicken Fajita recipe!](#)



## Dr Jockers Comments

These Mediterranean tortillas are a fantastic low-carb recipe that tastes great and uses anti-inflammatory ingredients that support your gut and immune system. This recipe is easy to make and works really well!

Pasture-raised eggs are full of **healthy fats**, phospholipids and vitamin A, **D**, E and K2 to support your brain, vision, bone, cardiovascular and immune health. Cauliflower is rich in prebiotic fiber to support the gut microbiome and sulforaphane which supports the liver's detoxifying enzymes.

Mediterranean herbs such as thyme, basil, oregano, and rosemary are carminatives that help support the production of stomach acid, **bile** and pancreatic enzymes. These herbs also help to kill of pathogens and reduce gas and bloating while supporting healthy bowel motility.

Let us know your thoughts on the keto Mediterranean tortillas recipe in the comments section below.



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The ***Inflammation Crushing Ebundle*** is designed to help you improve your brain, liver, immune system and discover the healing strategies, foods and recipes to burn fat, reduce inflammation and thrive in life!

As a doctor of natural medicine, I have spent the past 20 years studying the best healing strategies and worked with hundreds of coaching clients, helping them overcome chronic health conditions and optimize their overall health.

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Was this article helpful?

Yes

No





Dr. Jockers

Dr David Jockers is passionate about seeing people reach their health potential in mind, body and spirit. He is the host of the popular “Dr Jockers Functional Nutrition” podcast and the author of the best-selling books, “The Keto Metabolic Breakthrough” and “The Fasting Transformation.”

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## Comments

comments

## Comments

**cee**

July 30, 2021 at 1:46 am

i hate cauliflower. what can i sub it with? brocolli ?

[Reply](#)

**Dr. Jockers**

July 31, 2021 at 5:46 am

Yes you can try that!

[Reply](#)

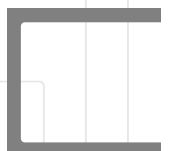
**Aaton**

August 2, 2021 at 9:23 am

Casava flour

[Reply](#)

**Helena**



January 30, 2022 at 5:07 pm

Hi Aaton, did you try it already with Casava? If you did, did you use the same amount of cauliflower?

[Reply](#)

**lisa sachleben**

November 1, 2021 at 11:02 pm

I bet you wouldn't even know it was cauliflower if someone else made it for you!

[Reply](#)

**Diane**

January 21, 2023 at 12:20 pm

I can't eat eggs. Very allergic. Is there any substitutes?

[Reply](#)

**Jill**

January 25, 2023 at 8:53 am

You may want to look into flax or chia seed tortillas. Or sub the eggs with flax or chia seed "eggs"

[Reply](#)

**Jc**

October 28, 2021 at 4:05 pm





When you list nutrients , I wish you would list potassium and calcium. Most food companies do. There are many drugs and food that deplete your potassium like asthma inhalers, antibiotics, some blood pressure pills , garlic etc. many of us have to count each day how many mg's we consumed so we don't go over and have heart problems. And as we get older they have us counting our daily Uptake of calcium in food. Please consider adding these two.  
H

[Reply](#)

### **lisa sachleben**

November 1, 2021 at 11:03 pm

Do you think this would work as a pizza crust recipe?

[Reply](#)

### **Dr. Jockers**

November 2, 2021 at 11:44 am

Yes try it out!

[Reply](#)

### **Uncle Jim**

May 20, 2023 at 12:40 pm



This is very similar to the pizza crust recipe I use. The difference is riced cauliflower is used. I have found that using a large, smooth drinking glass worked best for spreading the "dough". Also letting the crusts sit in the fridge overnight with paper towels on the top and bottom help draw out some of the

moisture. You really need to SQUEEZE as much moisture out before mixing makes a firmer crust.

[Reply](#)

## Mary

January 25, 2022 at 4:43 pm

How long can you keep them refrigerated?

[Reply](#)

## Dr. Jockers

February 1, 2022 at 4:39 pm

Up to 72 hours.

[Reply](#)

## tracy

July 27, 2022 at 11:28 am

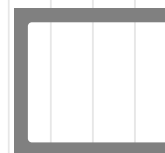
Have you tried freezing them? So you could make batches

[Reply](#)

## Dr. Jockers

July 29, 2022 at 11:38 am

No we haven't but try it out and let us know how they turn out.





[Reply](#)

## Arlene

April 7, 2022 at 11:44 am

When you say “flour” do you mean cauliflower rice or is it finer than the rice?

Thanks

[Reply](#)

## Dr. Jockers

April 10, 2022 at 2:48 pm

It is finer than the rice. You need to process it into a flour like dough.

[Reply](#)

## Shannon

May 25, 2022 at 12:21 pm

If your thinking cassava, what about coconut flour? Cassava is 13 g carbs with 1 g fiber compared to coconut 9g carbs with 3 g fiber.

[Reply](#)

## Dr. Jockers

June 1, 2022 at 4:03 pm

Yes coconut flour can be used!



[Reply](#)**Eileen Balint**

July 31, 2022 at 9:31 pm

Hey Dr. Jockers,

Thanks for this. I am on it!

QUESTION: Can you suggest a food(s) or recipe that is 1. high protein, 2. high probiotic, 3. low histamine, and 4. low fat? I am going crazy trying to figure this one out. Thanks.

e.

[Reply](#)**Dr. Jockers**

August 1, 2022 at 4:08 pm

Organic unsweetened greek yogurt would be a very good option for you!

[Reply](#)**Lisa**

August 1, 2022 at 4:32 pm

Fermented dairy is high in histamines, so this would actually be a counterproductive option for someone trying lower histamines. Something tells me Dr. Jockers is not the one writing the responses or content on this blog.

[Reply](#)

**Lisa**

August 1, 2022 at 4:06 pm



This recipe was described as “uses anti-inflammatory ingredients” in one of your promotional emails, but the first ingredient is EGGS!! Eggs are one of the top 3 most common food allergens that cause very significant inflammation in a significant percentage of the population! The recipe looks very tasty & I’m sure can be enjoyed by many, but please do not promote something that contains a well-known top food allergen as “anti-inflammatory” when it will in fact cause inflammation in people who cannot tolerate eggs. As a matter of fact I have never seen anyone promote eggs as anti-inflammatory for even those who can tolerate them, because there is far more clinical evidence eggs are inflammatory than anti-inflammatory.

**Reply****Dr. Jockers**

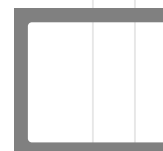
August 1, 2022 at 4:15 pm

Yes eggs are one of the most nutrient dense foods you can put in your body with a number of anti-inflammatory ingredients including CLA, butyric acid, EPA/DHA, choline, retinol, vitamin E, vitamin K2 and more. From a clinical evidence perspective, eggs are undoubtedly an anti-inflammatory food that are associated with improved insulin sensitivity, blood sugar regulation and lowered risk of all cause mortality.

Unfortunately, eggs are a food that many people have sensitivities and immune reactivity too. So the reality is that there is no food that is 100% anti-inflammatory as people can have immune reactivity to any food.

**Reply****Lisa**

August 1, 2022 at 4:20 pm



Also wanted to state that even after using only pasture raised, local, farm fresh, organic, even duck eggs...or whatever version of non commercial egg you can think of...as well as years of gut healing and AIP, elimination diets, etc...many people still have IgE egg allergies that persist. And it is just not in their best interest to consume eggs. There are plenty of other non-allergen-sources for them to get the benefits of phospholipids and Vitamin D without suffering the inflammatory symptoms of consuming eggs.

[Reply](#)

## Eileen Balint

August 1, 2022 at 5:05 pm

Hey Dr. Jockers,

Re: MCAS Mast Cell Activation Syndrome Help!

I think it is AMAZING that I can count on a reply ... my support system has become endangered over the past two years. Thank you so much for your PROMPT response!

So, I am still desperately hoping to find resources that can help me create a diet that is high protein, high probiotic, low histamine and low fat.

Re: Histamine: Mast Cell Activation Syndrome (MCAS), brought on by toxic radio frequencies and microwaves ie. cell phones and cell towers, etc. ... has become epidemic as per exhausting research.

Any additional suggestion will be VERY much appreciated. And I am not just saying that. I really mean it.

e.

[Reply](#)



**Dr. Jockers**

August 3, 2022 at 4:24 pm

Sorry to hear about this. Here is a helpful article on Mast Cell Activation:

<https://drjockers.com/mast-cell-activation-syndrome/>

[Reply](#)

**Eileen Balint**

August 1, 2022 at 5:54 pm

Oh boy! I just found TONS of your HISTAMINE info. Outstanding. THANK YOU.

e.

[Reply](#)

**Native**

January 21, 2023 at 2:07 pm

Hi Dr. Jockers, Can you use fresh or frozen organic riced cauliflower? If so, how much?

Thanks, Native

[Reply](#)

**Jill**

January 25, 2023 at 9:02 am

You could probably use riced cauliflower after stir-frying in a pan, let cool then proceed with recipe using a food processor. You're welcome! 😎

There is a low carb guy on YouTube that uses this method for cauli pizza crust. 🍕



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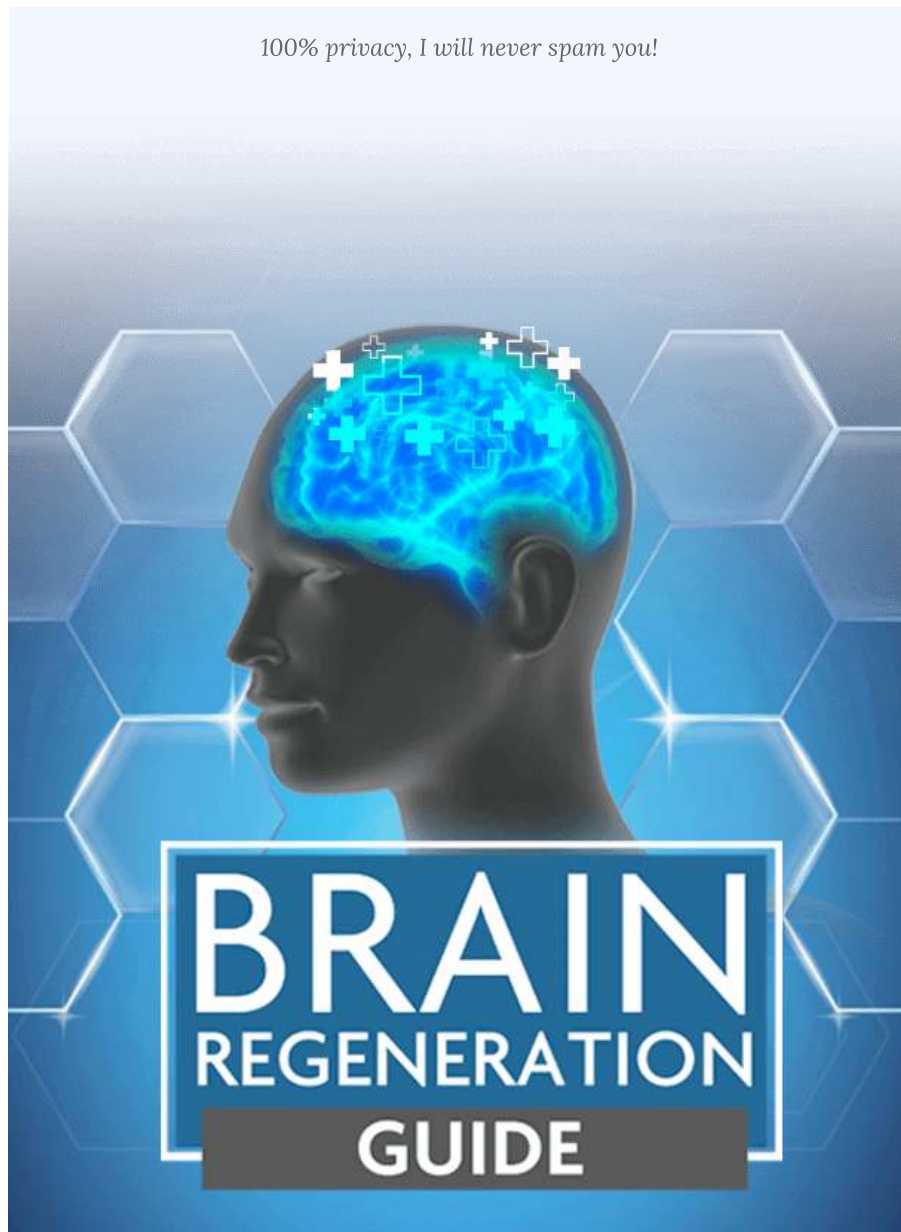
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