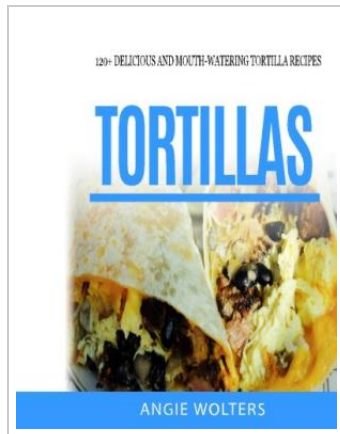



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By Angie Wolters

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 192 pages. Dimensions: 11.0in. x 8.5in. x 0.4in. Tortillas serve as a source of dietary fiber a type of carbohydrate important to digestive function. Fiber fights constipation by adding bulk to your stool to help keep you regular. It also softens your stool so its easier to pass. Dietary fiber also helps fight disease, including diabetes and heart disease, according to the Harvard School of Public Health. Women should consume 25 grams of fiber daily, and men require 38 grams, recommends Harvard. Consuming a 12-inch tortilla boosts your fiber intake by 2.7 grams. Select whole-grain tortillas over white tortillas to maximize your fiber consumption. The tortillas your base for all your yummy vegetable and meat fillings are conjured up in a multitude of ways, depending on your taste buds. Opt for the egg white coconut flour tortilla or perhaps the interesting and textured Veg-Stocked Spanish Parsnip, Spinach, and Kale Tortilla. Alternately, don't reach for a tortilla at all grab a head of romaine or iceberg and begin peeling. What's better than a light and crunchy lettuce wrap surrounding the mushy interior of sautéed onions and peppers and a bit of...



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