

5 Minute Honey-Cinnamon Peach Sopapillas

Text and photos (c) by Alice Alfonsi who writes [The Coffeehouse Mysteries](#) as [Cleo Coyle](#) with her husband, Marc Cerasini.

Traditionally [sopapillas](#) are little pillows of fried dough. They can be served with savory ingredients but also as a dessert with honey and cinnamon. You can certainly make them from scratch, but I'm happy to show you a quick, easy, lighter way to make them using flour tortillas. While I didn't invent this idea, I'm happy to share the way I put together the basic ingredients and method, including tips I've learned along the way...

Makes 1 serving (or you can share)

INGREDIENTS:

- 1 six-inch flour tortilla
- 2-3 teaspoons shortening (you can also use olive oil, or your favorite oil, butter, lard, vegetable shortening, or cold-pressed coconut oil - see my note below)
- Raw honey for drizzling (Raw honey is far, far better tasting than heat-processed honeys. It's truly worth the price and makes a huge difference in flavor. If you can find local raw honey, that's an even better benefit for your immune system. Read more [here](#).)
- 1 Tablespoon cinnamon mixed with - 2 teaspoons sugar
- 1 ripe, fresh peach



Chocolate Ricotta Muffins recipe [here](#).

My shortening note: My favorite shortening for this recipe is cold-pressed extra virgin coconut oil. This is a delicious oil, and of all the shortenings I tested with this recipe, coconut oil gave the absolute best results. It doesn't brown the way butter does at a high temperature; it brings a lovely, slightly nutty flavor to the tortilla; and it creates a nice, crisp texture in the tortilla as it cools. To learn more about it with tips on which kind to buy, [click here](#) for my recipe post on **Chocolate Ricotta Muffins** that includes the subject of coconut oil.



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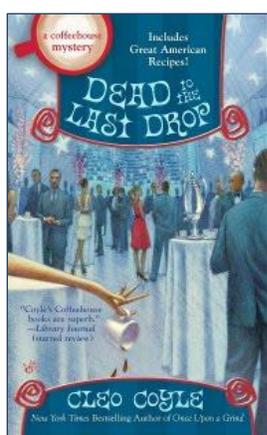
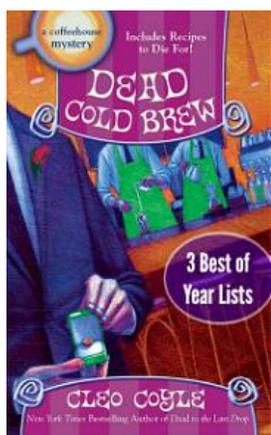


DIRECTIONS:

Place a skillet on medium-high heat and add your choice of shortening (oil, butter, lard, etc). You must use some kind of shortening and enough of it or the tortilla will not properly bubble up.

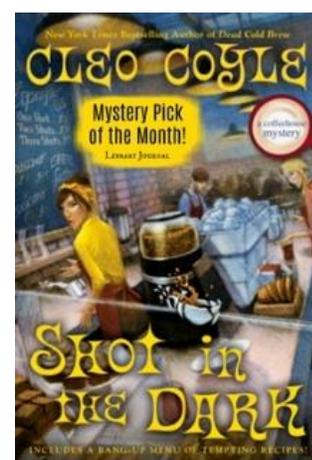
When the oil is hot (or the butter melted), place the tortilla in the pan. Allow it to heat up (15 to 20 seconds), then flip it and wait patiently for the tortilla to bubble up. (See my photos below.) If it does not bubble up, you need to increase the heat and keep waiting. Then flip it one more time to finish cooking and remove it from the pan. Slip it on the plate, drizzle it with raw honey, and sprinkle it generously with cinnamon sugar. Use a pizza cutter to slice it into sections.

To serve, slice up a fresh peach and arrange the slices on the center of a plate as shown in my photos. Drizzle with raw honey and cinnamon sugar. Place the sopapilla slices around the plate, top the center of the peach slices with whipped cream or ice cream and eat with joy!



Eat with joy! —Cleo

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