



## Colombian Arepa

GLUTEN FREE

### Ingredients:

- 2 cups of **Juana**® corn meal
- 2 ¼ cups of water
- 1 teaspoon of salt

### Preparation:

1. Measure the water and pour it into a bowl. Add the salt and stir until dissolved.
2. Gradually add the **Juana**® corn meal while stirring continuously to combine with the water.
3. Once all the flour is incorporated, knead the dough for 2 to 3 minutes until it becomes very soft. Cover and let it rest for 5 minutes.
4. Divide the dough into 10 portions of approximately 3 ounces each. Using your hands, shape each portion into a ball and gently flatten to form arepas about 6 inches diameter and ½ inch thick.
5. Cook the arepas on a griddle over medium-high heat for 3 minutes on each side, or until golden and cooked through.
6. Cover with a cloth napkin to keep warm until serving.

**Makes:** 10 servings