

Corn Tortillas

With leftover **Corn Chowder** or for a whole batch of tortillas or taco shells, here's an easy recipe for sweet corn tortillas.

Yields 20-25 6" tortillas or 100+ chips depending on size

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Ingredients:

Before removing Corn Chowder mixture from the high speed blender add the remaining 3 cups of corn kernels and blend until smooth. Then add the following while the blades are turning slowly:

¼ cup golden flax seeds ground separately in a coffee or spice grinder

1 Tablespoon psyllium powder

Directions:

Pulse or blend until well incorporated throughout.

Ready 5 dehydrator trays with grid and Paraflexx sheets. Using a Paraflexx lined dehydrator tray and template as a guide, spread a generous ¼ cup of the mixture for each tortilla round. Using a small offset spatula, spread the mixture flat and smooth so that it fills out the entire round evenly. If not using template: use 1/4 cup measure of mixture for each 6 inch tortilla and spread evenly (about 1/8 inch thick) forming 4 circles for wraps on each Paraflexx sheet. Repeat until all the mixture is distributed. Dehydrate at 115° Fahrenheit for 7-8 hours.

Place a second dehydrator tray (with grid sheet only, no Paraflexx) on top of the partially dried tray of tortillas and flip the entire assembly over. Peel off Paraflexx sheet, leaving tortilla batter on the grid sheet only. Continue drying until desired consistency is reached – dry yet pliable.

Tortillas (if dried completely) can be stored in the cupboard for months, or in the refrigerator or freezer for up to two months.