

SOFT CORN TORTILLA

Ingredients:

- 3 cups Fresh Corn Kernels
- 1 1/2 cups Chopped Yellow or Red Bell Pepper
- 3/4 cup Golden Flaxseed, Finely Ground
- 1 Tablespoon Lime Juice (or lemon)
- 1 Tablespoon Ground Chili Powder
- 1 1/2 teaspoons Sea Salt

Directions:

1. In a food processor, chop the corn and bell pepper. Add the remaining ingredients and process until almost smooth.
2. Divide the dough onto two Teflex-lined dehydrator trays and spread to the edges using an offset spatula. Dehydrate at 115 F for 3 to 4 hours. Flip the Teflex sheets over onto the tray and carefully peel away the Teflex. Place back in the dehydrator for about 2 hours.
3. When the tortilla is completely dry on both sides but still pliable, remove it from the dehydrator and place on a flat surface. Use a round cutter or small plate about 4 inches in diameter and trace around it with a knife to cut round tortillas. You should have about 9 tortillas per 14-inch tray. Keep the scraps to add to a salad or just eat them plain as a snack.