

# Herbal Legacy Recipes

## Corn Chips

### Ingredients:

6 cups corn (unthawed if frozen)  
1 cup flax seed, soaked  
2 T Bragg's Liquid Aminos

### Directions:

Add ingredients into a food processor to make a thick but soft dough, adding just enough distilled water for mixing.

Spread about ¼" thick onto solid dehydrator sheet.

Dehydrate until firm but pliable (about 12 hours), removing from solid sheet after 6 hours.

Cut into desired size triangles, cool and store in air tight container in refrigerator.

### Variations:

Try adding any of the following:

- 1-2 jalapeños for spicy corn chips
- ½ cup red or green pepper
- 1/8 teaspoon cayenne powder
- 1-2 cloves garlic

If you don't have a dehydrator then try this method suggested by Yvonne:

When I first started to dry foods I made a homemade dryer by nailing some 1 x 2's together that were four feet long. I then got some screen from the hardware store and used flat quilting pins to secure the screen to the boards. I put a screen on the top and the bottom to keep the bugs out. On the top I only secured one edge with push pins so I could open it up to put the food in. I then put the food in and lifted the screen back over to cover it. I placed each end of the dryer on the back of two chairs to keep it off the ground. I then placed it in the shade. Voila, you have a food dryer for less than five bucks.

My neighbor said that she just uses two window screens, one for the top and one for the bottom. That is absolutely cost FREE. It also helps her to remember to clean her windows and screens.

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