



Sea of Colors
BLUE THROAT CHAKRA RECIPE

Throat Chakra Blue Corn Tortillas

by Kimberly Bizjak

Ingredients

- 2 cups blue corn flour
- 2 cups boiling water
- 1/2 tsp salt (I used garlic salt)
- 1/8 tsp pepper

Directions

1. Gently mix and sift flour, salt, and pepper
2. Pour boiling water over mix and stir gently with a mixing spoon
3. Cover and let stand for 10 minutes to cool.
3. Knead dough with your hands and then form into balls. Flatten using a tortilla press or rolling pin. (Line your tortilla press with wax paper, or place dough between wax paper if rolling.)
4. Cook approx 30 seconds per side on preheated hi-med griddle.
5. Wrap any of your favorite foods! Tacos, asian wraps, sandwich fixings, etc.