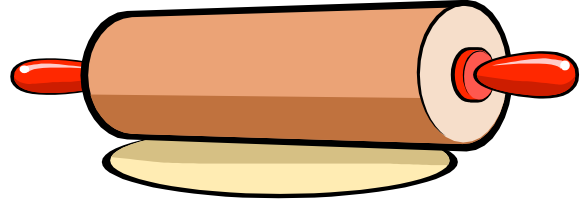


# Maria's Tortilla's

(Weimar Newstart Cookbook p10)

2 cups water  
1 cup rolled oats  
½ cup walnuts OR ¼ cup sesame seeds  
½ tsp salt  
2 cups whole wheat flour  
2 cups unbleached wheat flour



Process first four (4) ingredients in a blender until smooth. Poor into a bowl and add flour(s). Knead dough to mix well. Roll small pieces or balls of dough into very thin circles with a rolling pin. Bake on a hot dry griddle for one minute on each side. Oil is not necessary. Griddle must be hot enough or will not cook well or quickly.

Yields 18-24 tortillas depending on size