

CARROT FLAT BREAD

2 cups Carrot pulp
1 egg
1 T baking powder
1 t cinnamon
1 t salt
½ cup Quick oats
½ cup almond milk
½ cup rice flour (brown or white)

Juice about 2 pounds of carrots to get two full cups of pulp. Add the rest of the ingredients to the pulp and stir very well. Spread the mixture out on a baking pan. Bake for about 30 minutes at 350 degrees.

Remove from the oven and allow to cool for at least an hour. Once cooled, cut into approximately 8 pieces to make for sandwiches. May be frozen by wrapping with waxed paper and stacked in Tupperware, then put in the freezer.