

## RAW CRISPY CRISPS (FLAT BREAD OR CRACKERS)

5 Bell Peppers

¼ cups soaked sunflower seeds

1 cup flaxseeds

2 T Cumin

1 T Himalayan salt

In a food processor, put the bell peppers (red, yellow, or green) and process until it forms a paste. Add the soaked sunflower seeds and the flaxseeds and process some more. At last, add the cumin and the salt and process one last time. Pour 1/3 of the mixture onto a teflex sheet and spread it evenly. With the back of a knife, draw some square or triangles (I personally go for the triangles) and put in the dehydrator for 12 hours at 105 degrees. After 12 hours, flip them to the other side and wait for another 12 hours until crispy.

A day later, you can enjoy some truly crispy crisps, ideal to nibble on, to dip into a sauce, or use as a bread.