

## CRAZY NUTSY BANANA BREAD

1 cups sprouted chickpeas  
3 ripe bananas  
½ avocado  
1 apple, chipped  
1 small zucchini, chopped  
¾ cup almond meal/flour  
¼ cup ground dark flax seeds  
½ cup coarsely ground light flax seeds  
9 pitted dates  
½ cup water  
1 T olive oil  
1 T lemon juice  
2 t Cinnamon  
2 t Vanilla extract  
2 T raw honey (agave or yacon syrup)  
1 t sea salt  
½ cup raisins (set half aside)  
½ cup walnuts (set half aside)  
¼ cup Goji berries  
¼ cup Sunflower seeds (soaked 6 hours)

Add first ten ingredients to bowl and process until mixed well.

Add remaining ingredients to bowl except for ¼ cup of raisins and ¼ cup walnuts and goji berries. Mix until creamy, adding more water if needed until you have a thick, but creamy batter.

Add remaining walnuts and raisins, sunflower seeds, and goji berries and pulse quickly, leaving chunks.

Using an offset spatula, spread batter on non-stick sheet covered dehydrator trays. (I used two trays for my batter). Make edges a little thicker than center, as they dehydrate faster. If batter is sticky, wet spatula with water as needed. Sprinkle with more cinnamon.

Dehydrate at 110 degrees for 3-4 hours.

Flip onto a mesh tray, removing non-stick sheet by placing a tray and mesh sheet on top of bread, hold in place and flip over. Remove top tray with mesh and slowly peel off nonstick sheet from bread.

Using a dull knife or straight edged spatula, score the bread, creating four rows of four (16 slices of bread per full tray) and return to dehydrator. (Put the bread that was in the front before, to the back, closer to the fan).

Dehydrate another 8-10 hours or longer, depending on your preference (I moved some of the thinner pieces earlier) but you could leave them in and make them crunchier and more like a cracker.

Serve with almond butter and honey.