

RAW BUCKWHEAT BREAD

Makes 18 slices:

½ cup olive oil
1 ½ cups sun dried tomatoes
3 cups sprouted buckwheat
1 cup flax meal
3 ½ cups apple, cored and roughly chopped
3 T lemon juice
2 Avocados
1 large Onion
½ cup minced parsley

- Process the olive oil, sun dried tomatoes, sprouted buckwheat, zucchini, apple, lemon juice, avocados, onion, and herbs until thoroughly mixed.
- Transfer to a large bowl and mix with the flax meal by hand. The reason you do this separately (not in the processor) is that you are likely to have too much mixture for the size of the processor at this point, and when you add the flax meal, it will become quite heavy and sticky and overwork your machine.
- When mixed, process the whole batter in the machine again, but in small batches to achieve a light fluffy texture.
- Divide the mixture in half and place on paraflex sheets on dehydrator trays.
- Use a spatula to spread the mixture evenly to all four sides and corners of the paraflex sheet. If mixture is too sticky, you can wet the spatula to make things easier. With a knife, score the whole thing into nine squares.
- Dehydrate for two hours at 105 degrees and then remove the paraflex sheets by placing another dehydrator tray and mesh on top and invert so that your original sheet of bread is upside down. That will allow you to peel the paraflex sheet off and continue to dehydrate the underside of the bread.
- Dehydrate for approximately eight hours more (do this overnight so you're not tempted to eat it before its ready) or until bread feels light in your hand. If the pieces don't fully come apart where you scored, use a knife to cut them.