

## THE CHEFETTES BREAKFAST BREAD

Contributed by Nancy Riedesel & Sheri Yohe (The Chefettes)

Ingredients: yields 1 loaf

- 2c. raw almonds, soaked and dehydrated
- ½ c. Chopped zucchini (1 medium zucchini with skin)
- 1 ½ c. zucchini (peeled, quartered)
- ¼ c. Raisins
- ¼ c. Honey
- ¼ c. Water
- ¾ tsp sea salt
- ¼ c. Flax meal
- ¼ c. Psyllium husks powder
- 1 c. Oat flour

Toasted coconut or ground flax for topping the dough

Directions:

Place first two ingredients in a food processor and process to a very small nugget size. This is to give it texture. Remove from food processor and place in a separate bowl.

Blend the 1 ½ cups of zucchini, honey, raisins, water and salt in the food processor and process until everything is well combined and broken down.

Add in the almond/zucchini mixture, flax meal, psyllium husks and oat flour. Process until everything is well combined. If the mixture is too dry add a little water, no more than 2 TB at a time. You want the batter to stick together when you pinch it.

Remove the dough and form a bread loaf with your hands, 4 inches wide by 3 inches high by 7-8 inches long, on a mesh dehydrator sheet.

Sprinkle the top of your loaves with flax meal and/or toasted coconut, and press it into the loaf to give it that fresh baked look.

Optional: lightly coat the top of the dough with honey before sprinkling with flax and/or coconut.

Dehydrate at 145 degrees for an hour to create the crust. Set a timer so you don't forget!

Remove the bread and cut it with a serrated bread knife to the desired slices about ½" thick and lay them individually on the mesh screen.

Continue to dehydrate at 105 degrees for another 8 hours, depending on desired dryness.

Storage and Serving Tips:

Store this bread in an air-tight container, in the fridge, for 3-5 days.

The more moisture that is left in your bread, the shorter the shelf life.

Therefore, shelf life will vary with your drying technique.

This is a fabulous bread to use with nut butters and jam for breakfast.

Keep in mind, the whole purpose of eating a raw diet is to eat foods at their peak of freshness, so don't expect this bread to have a long expiration date.

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