

Raw Bread



Ingredients

1 cup sunflower seeds

1 cup flex seeds

1 cup of amaranth flour (purchase amaranth flour or mix amaranth seeds)

Salt, pepper for taste

Directions:

Soak sunflower seeds and flex seeds overnight in separate containers. Next day strain sunflower seeds and add to the container with flex seeds. Add amaranth flour, salt and pepper. Place everything in the processor and mix everything for a minute or two to break the seeds a bit. When the ingredients are thoroughly blended, form the loaf. Cut it into thin slices, place them on the dehydrator sheet until they are dry and crisp. It takes about 12 hours at 112F.

You can use it as crackers with dip, sandwiches or snack.