Almond flatbread

Makes 12
You'll need: blender, food processor, dehydrator
Preparation time: 30 minutes
Total time: 7 hours 30 minutes

Ingredients:
3 cup almond pulp ( wet - from making almond milk )
1/2 cup ground flax seeds*
2 tbsp ground hemp seeds*
1/2 cup irish moss paste*
1/4 cup olive oil
1/4 cup filtered water
1/2 tsp pink salt
1/4 cup pumpkin seeds for decorations

• Combine all the ingredients ( except flax and hemp seeds ) in the food processor and process until well combined.
• Remove mixture from food processor and pour into a large bowl.
• Next add in the ground flax and hemp seeds and stir together until evenly combined.
• Form into a loaf; roll flat with a rolling pin; then use cookie cutters or knife to make the shape.
• Place them on a dehydrator sheet, and
• Dehydrate at 140°F for 1 hour, decrease heat to 118°F and continue to dehydrate for 3 hours. Flip and remove dehydrator sheets.
• Add the pumpkin seeds ( press down gently )
• Continue to dehydrate for another 3 hours or until dry on the outside and soft on the inside.
• Store them in an airtight container on a sheet of baking paper in the fridge.

Enjoy!

Notes:
- Ground hemp seeds can be replaced with ground chia seeds.
- You can find ground flax and hemp seed in any health store or it is far less expensive to make your own. Simply ground them in a coffee grinder or in a blender.
- Irish moss soaking: rinse the irish moss very well in cold running water, then wash it in bowl with cold water, change the water a few times until the water is clear, soak in plenty of cold water 3- 4 hours in room temperature, rinse and drain.
- Irish moss paste : blend 1 cup irish moss with 1/2 cup water ( store in fridge, last for a week ).