

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).

