

RawVegan Sandwich Bread

Makes 3 servings

You'll need: blender, food processor, dehydrator

Preparation time: 30 minutes

Total time: 4 hours 30 minutes

1 cup almond milk pulp (wet)

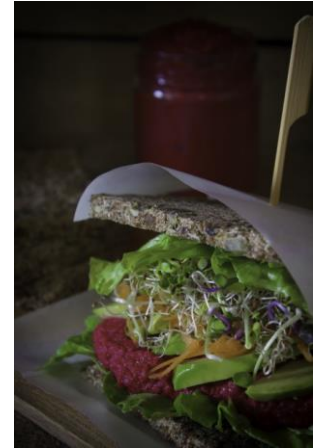
1/3 cup dates

1 cup of mix sprouts (radish & alfalfa)

1/2 cup ground flax seeds

1/3 cup pumpkin seeds

1 tbsp chopped fresh chives



- Combine all the ingredients (except pumpkin seeds, sprouts and chives) in the food processor and process until well combined (stick together).
- Add pumpkin seeds and pulse a few times.
- Remove mixture from food processor and pour into a large bowl.
- Next add in the sprouts, chives and stir together until evenly combined.
- Let sit in the fridge for about 30 minutes.
- Form into a loaf; roll flat with a rolling pin; then use knife to make the shape.
- Dehydrate at 140°F for 1 and a half hour.
- Decrease heat to 118°F and continue to dehydrate about 2 hours. Halfway through the dehydrating time flip and remove dehydrator sheets.

Beetroot hummus

Ingredients:

1/3 cup sprouted chick peas

1 medium beetroot (peeled)

1 clove garlic

2 tbsp olive oil

2 tbsp lemon juice

1 tsp ground cumin

1 tbsp coconut nectar

- Place all the ingredients into a blender and blend until smooth.

Enjoy!