

VITALITY

Sandwiches



The Raw Mediterranean Buckwheat Bread

Ingredients:

- 1/2 cup cold pressed extra virgin olive oil
- 1 1/2 cups sun-dried tomatoes
- 3 cups sprouted buckwheat
- 1 cup flax meal
- 3 1/2 cups peeled zucchini roughly chopped
- 2 cups apple, cored and roughly chopped
- 3 Tbsp fresh lemon juice
- 2 avocados
- 1 large onion
- 1/2 cup minced fresh parsley

Directions:

1. Process the olive oil, sun dried tomatoes, sprouted buckwheat, apple, lemon juice, avocados, onion and herbs until thoroughly mixed.
2. Transfer to a large bowl and mix with the flax meal by hand. The reason you do this separately (not in the processor) is that you are likely to have too much

mixture for the size of the processor at this point, and when you add the flax meal it will become quite heavy and sticky and overwork your machine.

3. When mixed, process the whole batter in the machine again, but in small batches to achieve a light fluffy texture.
4. Divide the mixture in half and place on Paraflexx sheets on [Excalibur dehydrator](#) trays. Use a spatula to spread the mixture evenly to all 4 sides and corners of the Paraflexx sheet. If mixture is too sticky you can wet the spatula to make things easier.
5. With a knife score the whole thing into 9 squares.
6. Dehydrate for 2 hours and then remove the Paraflexx sheets by placing another dehydrator tray and mesh on top and invert so that your original sheet of bread is upside down. That will allow you to peel the Paraflexx sheet off and continue to dehydrate the underside of the bread.
7. Dehydrate for approx. 8 hours more (do this overnight so you're not tempted to eat it before it's ready) or until bread feels light in your hand. If the pieces don't fully come apart where you scored, use a knife to cut them.