

60 Days to Reclaim YOUR Health



ONION BREAD

Ingredients

- 3 thinly sliced large onions (use a mandolin if you have one)
- 1/3 cup olive oil
- 1/3 cup Nama Shoyu
- 3/4 cup B-Flax-D or ground flax seeds
- 3/4 cup ground sunflower seeds

(To grind seeds, you may use a Coffee Bean Grinder or a Tribest Blender).
This one is popular — always double the batch!

Directions

1. Mix all ingredients in a bowl until the seeds begin to gel, forming the mixture into a dough-like consistency.
2. Put half the mixture into a food processor and blend well.
3. Return blended mixture to the bowl and mix in well.
4. Spread mixture on Teflex or parchment paper and spread as thin as possible without any holes. Put in dehydrator overnight.
5. In the morning, flip onto mesh screen as soon as bread comes easily off paper.
6. Put back into dehydrator for a couple of hours. Watch them after you flip them so they don't dry out too much. They should be a little moister than beef jerky.

Cut into squares or rectangles.