



60 Days to Reclaim YOUR Health

SUN BURGERS

From 'Eating in the Outdoors' Hallelujah Acres Food Show DVD

- 1/4 cup ground carrots
- 1-1/2 Tbsp ground flax seed
- 4 Tbsp of distilled water
- 1 cup of sunflower seeds (soaked for 2 hours, then drained)
- 1/2 tsp unrefined sea salt
- 1/3 cup chopped onion
- 1/3 cup chopped celery
- 2 Tbsp red peppers
- 2 Tbsp parsley

1. Mix flax seed with 3 Tbsp of distilled water. Let sit while processing carrots into a pulp using "S" blade. Place ground carrots in a bowl.
2. In food processor, add sunflower seeds, salt and 1 Tbsp water and blend until creamy. Add this mixture to the carrots.
3. Add rest of ingredients, including the flax seeds, and form into patties (6 patties).
4. Place patties on Teflex sheet. Dehydrate for 4 hrs. on 95 – 100 degrees.
5. Turn patties over and heat for 1 – 2 more hours.
6. Dress as you would a regular burger with onion, sprouts, tomato, Vegenaïse and other condiments on whole grain buns.



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GARLIC-CHILI FLAX CRACKERS

From *Everyday Wholesome Eating...In the Raw* by Kim Wilson

2 cups flax seeds

1/2 cup sesame seeds

3 cups water

Presoak flax and sesame seeds in water for at least 4-6 hours.

4 cloves garlic

juice of 1-2 lemons

1 1/2 tsp sea salt

1 1/2 tsp onion powder

1 1/2 tsp chili powder

Optional

6 sun dried tomatoes (soaked for 1 hour and chopped)

1 fresh tomato, chopped

1 stalk celery, chopped

1. Process garlic cloves in food processor, then add lemon juice, sea salt, onion powder, chili powder and any optional ingredients. Mix into presoaked seeds.
2. Spread thinly (about 1/4") on parchment paper or teflex sheets and dehydrate at 105 degrees for about 8 -12 hours, until crisp.
3. Flip crackers onto empty dehydrating tray and remove parchment paper or teflex midway through dehydration time. Store in refrigerator.