

Garden Blend Crackers or Bread

Yield: 7 cups mixture (over 100 crackers depending on size or 25-30 mini bread "loafs" 3x3 – 1/4 inch thick) **FP DH**

2 cloves garlic

1 cup kelp noodles

In a food processor, outfitted with an 'S' blade, place above ingredients and process until kelp noodles are broken down into tiny pieces, being sure to scrape down the sides of your vessel from time to time to help keep your mixture uniform.

2 batches of Green Giant Juice pulp (about 1½ cups of pulp – page 35)

3 cups Bloomed Quinoa (dry cup measure – page 57)

1½ cups almond pulp

½ cup chia seeds ground fine

¼ cup nutritional yeast

1 Tablespoon Savory Seasoning Blend (page 21)

1 teaspoon thyme

1/8 teaspoon salt

1 Tablespoon olive oil

¼ cup + 2 Tablespoons tamari soy sauce

Add these ingredients to your food processing bowl and process until well incorporated, rocking the machine to help all ingredients incorporate.

Transfer your mixture from the food processor to a mixing bowl.

¾ cup zucchini shredded (about 1 medium zucchini)

¾ cup celery diced (about 3 medium celery stalks)

1 cup carrots shredded (about 1 medium carrot)

¼ cup parsley chopped

¾ cup red bell pepper diced

Hand mix these ingredients.

Divide your final mixture in half and add half your mixture back into the food processor bowl fitted with the S-blade. Pulse until the vegetables are broken down to small textured pieces throughout the mixture. Repeat this step for the remaining half of the mixture.

Return final mixture back into your mixing bowl. Using 2 cups of the mixture, sandwich between two Paraflexx sheets and use a rolling pin to flatten. Be sure to work your mixture out towards the edges of the sheets to evenly distribute.

Remove top Paraflexx sheet. Transfer flattened cracker Paraflexx sheet onto a mesh lined dehydrator tray.

For crackers: Using an offset spatula of a size that suits you, neaten up the edges until you have a uniform square. Score into crackers of your desired shape and size.

Dehydrate at 115° for 2 hours. Flip and remove Paraflexx sheet and continue to dehydrate for another 2-3 hours or until crisp.

Completely dried crackers may be stored in an airtight container in the cupboard for up to a month.

For bread: repeat steps 1-3 using 4 ½-5 cups of the mixture (depending on your thickness preference). Dehydrate at 135° for 1 hour. Flip and remove Paraflexx sheet and continue to dehydrate at this temperature for one more hour. Lower temperature to 115° and continue to dehydrate for another 5-6 hours or until bread is crisp to the touch and spongy but not doughy on the inside.

TIP: Spread the bread mixture in a large square on the tray and cut into small cubes for croutons. Dehydrate fully.

