

## Buckwheat Pizza Crust (Dehydrator) by Julianno

Soak buckwheat 6 hours and sprout 2 days.

Put 1.5 cups sprouted buckwheat groats in a mixing bowl and dribble with 1/4 cup olive oil

Add 2/3 cup carrot pulp and 2/3 cup soaked flax seed

If using a blender, add a bit of water.

Mix in herbs

Oil dehydrator sheets

Dehydrate at 99 degrees 7-8 hours.

Flip and dehydrate 7-8 more hours until very dry.

Store in a dry place for 1 month