

Diana's Buckwheat Bread from a British Chef

½ cup olive oil
1.5 cups sun-dried tomatoes
3 cups sprouted buckwheat
1.5 cups ground flax
3.5 cups peeled zucchini, roughly chopped
2 cups apples, cored and roughly chopped
3 T lemon juice
2 avocados
1 large onion
½ cup minced parsley
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Process everything except flax meal which you mix in afterwards because it would otherwise be too hard on machine. Put back in machine and process until nice and fluffy.

Put on sheets and dehydrate which takes time.

Dian whips(!) buckwheat and oil first to get it really light. Put this in a bowl. Mix up everything else and add this to bowl. Then mix flax with everything in the bowl. Put 1/3 of mixture back in processor and whip up.

1 avocado, small onion will do.

Don't soak tomatoes.

Stays flexible because of the avocado.

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