

# RAW ONION BREAD

## INGREDIENTS:

- 3 large, yellow onions, sliced fine (I use less onions, due to their strong flavor)
- 3/4 cups flax seed, ground
- 3/4 cups raw sunflower seeds, ground
- 1/2 cup shoyu or soy sauce
- 1/3 cup organic, cold-pressed olive oil

## PREPARATION:

- Combine all ingredients.
- Mix well, either by hand or using an electric mixer.
- Spread batter out to approx 1/4 inch thickness, into a large square shape.
- Place on dehydrator tray and close door.
- Set at 115 degrees F.
- After 24 hours, take bread out
- Flip bread over and return to dehydrator and bake at 100 degrees for 12 more hours.
- Cut into squares and serve.

How to make raw onion bread using a food \*dehydrator (Note: The brand of \*dehydrator seen in this video is Excalibur, which comes with both trays and liners inside.) This famous recipe is found in the cookbook, *Rawvolution* by Matt Amsden.

This cracker-like bread goes great with a tomato salsa, or for dipping into hummus or other tasty dips. Try a portabella mushroom, onion and tomato sandwich on this savory raw onion bread. Use your imagination and create an endless variety of delicious sandwich favorites.