

ORGANIC DEHYDRATED RAW CRACKERS

This makes enough to fill a 9 shelf Excalibur dehydrator.

You need: 10 1 litre jugs or containers, 2 large mixing bowls, weighing scales, dehydrator, alkaline water from the ionizer or filtered or spring water.

When soaking is done, share **3lb organic fibre** from juicing between the two mixing bowls.

2 x 5 oz. sunflower seeds, and **2x 5 oz. pumpkin seeds**, soaked in 4 jugs for 2 hours to overnight, rinsed, drained and then chopped (I use a Vitamix blender to chop them)

2 x 5 oz. ground flaxseeds mixed with 0.8 litre water each in 2 jugs to make a gloopy consistency. Keep stirring until well mixed. Add more water if too stiff. Cover to keep air out, as it oxidises.

2 x 3 oz. chia seeds, mixed with (at least) 0.8 litre of water in each jug, keep stirring now and again for 20 mins to make a gloopy consistency. Add more water if leaving overnight.

2 x 3 oz. hulled hemp seeds and 2 x 3 oz. sesame seeds, soaked with just enough water to cover them. Don't rinse as you'll lose the hemp milk from the hemp seeds. Using 2 jugs you can mix 3 oz. hemp and 3 oz. sesame together.

Half a jar of organic passata or a tin of organic chopped tomatoes in each bowl.

2 flat teaspoons of celtic sea salt and some **fresh ground black pepper** in each bowl.

Large sprinkle of **Italian seasoning/oregano/dried basil/ or other dried or chopped fresh herbs** in each bowl.

2 heaped tablespoons of pea or hemp protein powder in each bowl.

Optional: **1 heaped tablespoon of activated charcoal** in each bowl.

Mix all the ingredients well and spread on the flexisheets or silicone sheets on the trays of the dehydrator to between an eighth to a quarter of an inch thick and score into rectangles.

Set the temp to less than 105 degrees fahrenheit and switch on dehydrator.

About 9-12 hours later, turn the crackers over and dehydrate until crispy. They should feel hard all over. If they are still a bit bendy, keep dehydrating until done.

If you want sweet crackers, leave out the tomatoes and herbs and instead put in e.g. Xylitol, cinnamon, raw cacao powder, mashed ripe bananas, green coffee flavoured pea protein, vanilla extract, or anything else you can think of as a sweet alternative.

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