

Dehydrated Seed Bread

Seeds are a rich source of vitamins, minerals, fibre, protein and healthy fats.



Ingredients

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| 1 red onion, peeled | ½ cup chia seed |
| 2 cups flaxseeds | 3 tbsp Bragg Organic Seasoning |
| 2 cups sunflower seeds | 1 tsp Himalayan salt (or to taste) |

Method

- 1 Process onion in food processor until finely ground. Add all other ingredients and pulse well. While continuing to blend, add water until mixture is sticky and slightly mushy.
- 2 Flatten mixture onto baking paper sheets or dehydrator trays. Use plenty of water to smooth out.
- 3 Dehydrate in a dehydrator until dry and crispy (usually 12 hours), or use an oven, keeping it on its lowest setting until seed bread is dry and crispy.

Serve with cheese or dips, accompanied by a glass of organic wine. Ingredients can be purchased from Alchemy.

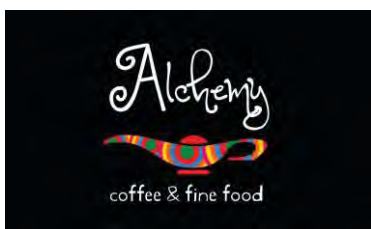
Alchemy Café



In what was once the village post-office, Alchemy Café has put Forth on the map. Regular customers and tourists from far and wide come for a taste of the healthy menu, entirely gluten free. Alchemy supports the local organic industry as much as possible, and uses only fair trade organic coffees and chocolates.



Come in for breakfast, morning tea, lunch and afternoon tea, with a wide range of menu options available. Enjoy coffee, teas, wines and ciders, smoothies, juices, soups, desserts and cakes. It's also a one-stop shop for gifts and all your organic ingredients.



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