

Onion Flat Bread

2 large Vidalia onions, chopped
1 c ground sunflower seeds
1 c ground golden flax seeds
3 oz Bragg's amino acids
½ c olive oil

Mix all ingredients together. Spread evenly on Teflex sheets about ¼ inch thick, score with pizza cutter or knife to facilitate breaking apart. Dehydrate for at least 12 hours. Turn and dehydrate another 5 hours or more.

I don't know where we got this recipe, but it has become a staple in our house. This bread is really good, keeps well and stays relatively soft if you spread it a little thick before dehydrating. We love it spread with cucumber spread or as sandwiches filled with Mock Tuna.