



Simple Loaf of Bread

Dry:

100g (3 ½ ozs) quinoa flour
100g (3 ½ ozs) oat flour
100g (3 ½ ozs) ground almonds
25 g (¾ ozs) psyllium powder
2 tbsp onion powder
1 tsp garlic powder

Wet:

300g (10ozs) courgette
2 tablespoons tahini
2 fresh dates, pitted
¼ cup nutritional yeast
1 tablespoon apple cider vinegar
1 cup water
100g (3 ½ ozs) irish moss gel (if you have trouble getting Irish moss, just leave it out)
1 teaspoon salt

1. Mix the dry ingredients together in a large bowl.
2. In a high speed blender, process the wet ingredients until smooth and creamy.
3. Add the wet ingredients to the dry and mix well to combine. The mixture will thicken up after about 5 minutes. Once thickened, form into 2 to 3 small loaves..
4. Dehydrate on a mesh dehydrator tray for 8 hours at 115 degrees F, slice the loaf, dehydrate slices additional 1 hour or until desired dryness.





Recipe for Irish moss paste

¼ cup Irish moss

1 cup water (to blend)

Water for soaking and rinsing

1. Soak the Irish moss in water for at least a few hours. This will rehydrate it, making it plump.
2. Many Irish moss varieties I've used in the past have been covered in sand. The soaking will help wash that off, but you'll also need to rinse it multiple times to get it all out. The few bags of Irish moss I've bought recently have been pre cleaned, so you might look out for those.
3. Blend until your Irish moss is smooth and creamy. When you first blend it looks like the moss and water is just spinning and not doing anything, but that's OK, it's a takes a little while to start to break down.
4. Store in a sealed container in the fridge. I normally say it lasts for 10 days, but I've kept it perfectly fine for up to 3 weeks.

