

## Onion Bread: "Live Bread"

Eating "live" food will positively support *life*. Live foods have their own natural enzymes that will promote healthy digestion. According to *My Life Today*: "The spiritual experience is greatly affected by the way in which the stomach is treated" ML 141.3

### Ingredients:

3 large onions (finely sliced) or chopped up for a food processor

1/2 cup ground flax seed

1/2 cup ground sunflower or pumpkin seeds

1/2 cup olive oil

1/2 cup liquid aminos (coconut), Bragg's, or low sodium GF soy sauce

1/2 tsp sea salt

### Directions: (for 3 Large or 12 small wraps)

1. Place all the above ingredients in a food processor
2. Put mixture in a bowl and let it sit for 15 minutes. This allows the flax seed to soak up the moisture (Note: if there is too much liquid from the onions, just add more flaxseed and or sunflower/pumpkin seeds)
3. Spread the mixture on a dehydrator teflex sheet.
4. Dehydrate for 4-6 hours, then flip the flat bread unto the mesh (or parchment paper) and dehydrate for another 4-6 hours.

Eat it: As a wrap or sandwich. (i.e. crushed avocado, tomatoes, hummus etc.)

*In. Camille*