

DELICIOUS BUCKWHEAT TOAST

Ingredients:

1. 1 x Cup Buckwheat
2. 1 x Cup Golden Flaxseeds
3. $\frac{3}{4}$ x Cup Sesame Seeds
4. $\frac{1}{2}$ x Cup Raisins
5. $\frac{1}{2}$ x Cup Goji Berries
6. $\frac{1}{4}$ x T-spoon Himalayan Rock Salt
7. 1 x Table spoon Honey/Agave
8. 2x Cups Distilled Water

Equipment required:

1. Dehydrator, with a micro switch that can control heat less than 45 Deg C

Preparation:

1. Soak all the ingredients in a mixing bowl and wait for 30minutes
2. Put the dough in dehydrator, and dehydrate for 24h @ 45 Deg C

LOVELY for an ultra healthy school lunch box, snacks, or where a compact lightweight meal is required.

Enjoy it &



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