

Raw Essenne Bread

Ingredients:

1. 6 x Cubs Organic wheat berries/kernels/seeds
2. 3 x tsp Himalayan rock salt
3. 3 x Tsp raw Honey
4. 3 x Tsp Anise seeds
5. ½ cub Distilled water

Equipment required:

1. Green Star twin gear juicer or a similar food processor that can turn the sprouted wheat into a well mixed bread stick - dough sausage.
2. Dehydrator, with a micro switch that can control heat less than 45 Deg C
3. Sprouter 3 litres – Preferably the 6 l Kitchen Garden sprouter.

Preparation:

1. Soak the wheat for 8-12 hours in pure or distilled water.
2. Sprout the wheat for 24-36 hours in 3 one liter glass containers.
3. Mix all the ingredients in a mixing bowl.
4. Feed the mix in the Green Star that is prepared to make bread sticks.
5. Take the raw mixed bread dough sausage from the Green Star and turn it into small snail like forms and flatten/compact it a little.
6. Pack the formed dough shapes and place it in the dehydrator.
7. Dehydrate the bread sticks shapes for approximately 12 hours at 42 deg C.
8. Unpack and enjoy

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

Enjoy it &



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