

# **Raw Chili Bite's**

## **Ingredients:**

1. 3 Cups Organic rye and wheat berries/kernels/seeds mixture 50/50.
2. 6 x Garlic Cloves
3. 1 tsp Cayenne pepper, or as hot as you want
4. 6 x Basil leaves, fresh
5. 1 x Rosemary shoot small & fresh
6. 1 Cup Olives, pips removed
7. ½ tsp Himalayan rock salt
8. 2 Med Tomatoes
9. ½ Cub Flax seeds

## **Equipment required:**

1. A 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. Tribest Personal Blender, an ideal blender, grinder & pesto maker.
3. Dehydrator, with a micro switch that can control heat less than 45 Deg C
4. Sprouter 2 litres – Preferably the 6 l Kitchen Garden sprouter.

## **Preparation:**

1. Soak the rye & wheat for 8-12 hours in pure or distilled water.
2. Sprout the rye & wheat for 24-36 hours in 2 one liter glass containers.
3. Place the remainder of the ingredients separately in the Personal Blender to make a pesto.
4. Mix the sprouted grain with the pesto and flax seeds in a mixing bowl.
5. Feed the mix in the Green Star that is prepared to make bread sticks.
6. Take the raw mixed bread dough sausage from the Green Star and turn it into small and flat hand palm size forms and flatten/compact it.
7. Pack the formed dough shapes and place it in the dehydrator.
8. Dehydrate the bread sticks shapes for approximately 12 hours at 42 deg C.
9. Unpack and enjoy
10. Served with humus is a winner.

Enjoy it &



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