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JILL SWYERS
LIVING FOODS FOR
OPTIMUM HEALTH



Hippocrates
Health Educator
& Culinary Consultant

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Instituto Hippocrates
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ONION & SUNFLOWER CRACKERS

- 1 C. Sunflower Seeds
- 3 Onions (white)
- 1 C. Flaxseeds / Linseeds (ground)
- 1 TBS Olive Oil
- Tamari – season to taste

1. Soak sunflower seeds in water – 12 hours.
2. Process cut onions in a food processor.
3. Add sunflower seeds.
4. Add flaxseeds to mixture and process.
5. Spoon out mixture onto a dehydrator tray with a paraflex sheet.
6. Smooth out thinly cut.
7. Place tray in dehydrator at 105°F (42°C) – approx. 12 hours.
8. Remove and turn over and remove paraflex sheet and place back in dehydrator until dry.

N.B. Brown or Golden Flaxseeds (linseeds) can be used.

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