

Garlic Bread

YIELDS 2 SMALL 'LOAVES'

2 cups almond pulp
1 cup young coconut meat
1 cup psyllium
½ cup flax meal
3 teaspoons lemon juice
2 cloves crushed garlic
2 teaspoons garlic powder
3 soft dates
1 teaspoon salt

- 1** Blend the coconut meat, garlic and dates in a high-speed blender until smooth.
- 2** Grind that mixture with all remaining ingredients in a food processor until thoroughly combined.
- 3** Form into 2 loaves 3cm high and 5cm (1" by 2") wide.
- 4** Dehydrate on a mesh sheet for 14 hours at 115°F.
- 5** Remove from the dehydrator and cut into slices.
- 6** Store in the refrigerator for up to 4 days.

