



Modifying Simple Loaf of Bread: Rye Bread

Dry:

100g rye flour
100g oat flour
100g almond pulp flour
25 g psyllium powder
2 tbsp onion powder
1 tsp garlic powder

Wet:

300g courgette
¼ c tahini
5 fresh dates, pitted
3 tbsp maple
1 tbsp caraway seeds
¼ c nutritional yeast
1 c water
70g irish moss gel

Method:

1. Mix the dry ingredients together in a large bowl.
2. In a high speed blender, process the wet ingredients until smooth and creamy.
3. Add the wet ingredients to the dry and mix well to combine. The mixture will thicken up after about 5 minutes. Once thickened, form into a ball and then roll into a loaf size.
4. Dehydrate on a mesh dehydrator tray for 8 hours, slice the loaf, dehydrate slices additional 2 hours or until desired dryness.

Other ideas for this:

- Add fresh parsley.
- Swap the courgette for parsnip.
- Swap almond pulp flour for a different nut, such as pecan and/or walnut.

