



Simple | Healthy | Delicious

Sweet Pepper, Olive Oil, Hemp Seeds, & Psyllium Husk Soft Bread



INGREDIENTS

2 cups linseed
1 cup Nature's Earthly Choice hemp seeds
½ cup cashews
¼ cup Psyllium husk
1 tsp Himalyan salt
2 courgettes (peeled)
4 sweet red or orange peppers
2 proper ripe tomatoes
1 tbsp Genmai miso
A handful of fresh basil leaves
½ cup cold pressed extra virgin olive oil or hemp seed oil
1 liter of filtered fresh water
1 cup linseeds

DIRECTIONS:

1. Put the first 5 ingredients into the food processor and allow it to grind them down. Tip: place the ingredients into capacious bowls.
2. Now add the next 7 ingredients into the food processor and allow them to become a cream.
3. Pour this, and the final cup of linseeds into the bowl and give it a good mix.
4. Allow it to stand for about 20 minutes and it will become a dough.
5. Use an ice cream scoop to pop these onto a sheet about 4 cm apart and then press them down to about 5 mm (1/4") thick.
6. Dry at 100F for about 8 hours. They are ready when they are firm but still have a nice softness to them.