

Sunflower Seed Bread



You won't find any whole wheat flour in this yummy homemade sunflower seed bread recipe. With a special ingredient, caraway seed, this flax and sunflower seed bread recipe has become a favorite in our household, showing once again, that a raw food bread recipe can be a delicious alternative to flour-based products.

Sunflower Seed Bread Recipe:

Equipment Needed: Dehydrator, Food Processor, and High-Speed Blender

Yield: 18 slices, or more or less based on slice size desired

Ingredients:

- 2 medium red onions, sliced or diced
- 2 cups hot or warm tap water
- 2 tablespoons lemon juice

Onion marinade:

- 1/4 cup tamari or coconut aminos (wheat-free, gluten free tamari is available)
 - 1/4 cup olive oil
 - 2 tablespoons lemon juice
 - 2 tablespoons [date paste](#)
 - 1 teaspoon fresh garlic, pureed or micro planed
 - 1 teaspoon Himalayan salt
 - 1 teaspoon Italian seasoning
 - 1 teaspoon thyme seasoning
 - 1/2 teaspoon white pepper
 - Optional: 3/4 tablespoon caraway seeds, ground
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- 2 cups sunflower seeds, soaked for 2-4 hours and drained
 - 1 apple, peeled, seeded, and rough chopped
 - 2 cups golden flax seeds, ground

Preparation Steps:

1. Onions: soak the sliced onions in warm water with lemon juice for 30 minutes or longer. Drain, pat dry and mince. Set onions aside.
2. Using a high-speed blender, blend all ingredients for marinade until smooth and pour over drained onions. Massage the onions with the marinade, and set aside to marinate for 2-6 hours. Drain the onions and reserve marinade juice for future use as desired (can be used in a dressing).
3. Process the sunflower seeds and apple in a food processor, using an S blade. Put the mixture in a large bowl and mix in the drained marinated onions. Put half the mixture back into food processor and process/pulse so onions are well combined with small visible pieces. Remove the half that is processed and repeat with other half of mixture.
4. Place both halves in large mixing bowl and mix in ground flax seeds.
5. Spread 3 cups of the batter evenly over 14×14 teflex sheet, about 1/4 thickness OR slightly over 2.5 cups batter if using a 14×12 teflex sheet.
6. Dehydrate at 125 degrees Fahrenheit for 2 hours. Reduce temperature to 110 degrees until you can flip over and remove teflex sheet. Continue dehydrating until dry but still flexible.
7. Store in glass container in refrigerator. Bread will keep for approximately 30 days in refrigerator.

