

## FAMOUS ONION BREAD

3 large yellow onions

$\frac{3}{4}$  cup flaxseed ground

$\frac{3}{4}$  cup ground sunflower seeds

$\frac{1}{2}$  cup Nama Shoyu (raw soy sauce)

$\frac{1}{3}$  cup olive oil

Peel and halve the onions. In a food processor, cut the onions with slicing disc. Transfer the cut onions to a large mixing bowl, add the remaining ingredients and mix until the ingredients are thoroughly combined.

Spread 2 cups of the mixture evenly on a dehydrator tray lined with Teflex sheet. Repeat until all of the mixture is used. Dehydrate at 100 degrees F for 24 hours. Flip the tray over onto a work surface and gently peel the Teflex sheet off the bread. Return to the dehydrator for another 12 hours. Once dehydrated, cut into 9 equal pieces (make 2 cuts horizontally and 2 cuts vertically).

Note: It will make your house have a **strong** onion smell while it is dehydrating