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The Avocado
 raw and living plant-based food
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Recipes from The AVOCADO....

Sunflower Flax Chips

- 2 c Sunflower Seeds, soaked for 4 – 6 hours
- 2 c Flaxseed, soaked in 1 1/3 c water for 4 – 6 hours
- 1 Large Onion, chopped
- 1 clove Garlic, minced
- ¼ c Nama Shoyu (recommended) or Bragg Aminos
- 1 tsp Sea Salt, optional
- 1 Tbsp Basil, dried
- 1 Tbsp Thyme, dried
- 1 Tbsp Oregano, dried

1. Homogenize sunflower seeds with onions and garlic using a Champion juicer with the solid plate (recommended) or in a food processor.
2. Remove to a bowl, add Nama Shoyu, salt and spices, mix well
3. Add flax seed and mix well.
4. Spread onto Teflex dehydrator sheets and dry at 105°F for 6 hours, flip and remove Teflex, continue to dry for 6 hours more.