

Herbal Legacy Recipes

Whole Wheat Bread Crumbs

(the mucusless way!)

Contributed by Traci from Thayne, Wy

Ingredients:

- *1 Cup whole wheat
- *Distilled water to soak
- *2 T olive oil
- *1/4 c distilled water
- *1 t honey
- *Pinch sea salt

Directions:

1. Rinse wheat and soak overnight. Drain water and rinse daily until sprouted.
2. Combine sprouted wheat, and all other ingredients in blender. Blend until smooth, adding extra water if necessary.
3. Pour puree onto the flexible fruit leather sheet of a food dehydrator, dehydrate until crisp, crumble and store in an airtight container. OR Pour puree on a lightly oiled cookie sheet and place in oven on lowest setting for 5-6 hours, Turning it off and on to maintain lowest heat possible.

Note:

A lot of recipes, (even in the Mucusless Diet) call for bread crumbs. I am gluten intolerant and cannot handle flours ground from dry grain in any amount, but properly sprouted grains I do fine with. This is my sneaky way of getting around using flour even occasionally.

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<http://www.herballegacy.com/Recipes.html>