

Amazing Gluten Free Living Bread

The Ultimate Comfort Food Turned Health Food



2:00 p.m. - 4:30 p.m.

August 22, 2010

Cedar Park, TX

Instructors: Dr. Ritamarie Loscalzo, Chef Karen Osborne, Pamela Weems

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Recipe List

Basic Buckwheat Bread.....3
Nut-Based Sandwich Slices.....4
Carrot-Raisin Bread Or.....5
Carrot-Raisin Beet Bread.....5
Cheesy Olive Sun-Dried Tomato Loaf6
“Butter” For Your Bread7
Very Veggie Pizza Crust8
Onion Squash Bread.....9

BASIC BUCKWHEAT BREAD

Karen Osborne

Ingredients

- 2 cups buckwheat, soaked and sprouted**
- 6 dates, soaked in 1 1/2 cup water (reserve soak water) for 20 minutes
- 1 teaspoon salt
- 1 cup flaxseed, ground



Instructions

1. Combine all ingredients except flaxseed in the food processor.
2. Pulse briefly, then process until well mixed.
3. Add ground flax and process again.
4. Add extra water if needed to work the dough smoothly.
5. Spread 2 1/2 cups of mixture on each of 2 non-stick sheets; score.
6. Dehydrate at 105 °F for six to eight hours or overnight.
7. Flip; remove non-stick sheet; continue to dehydrate one to two more hours or until done.
8. It should be somewhat chewy and not too dry.

***How to Sprout Buckwheat

- Buckwheat needs to be raw, with the black hulls removed.
- Place buckwheat in a bowl, with a 4:1 ratio of water to buckwheat and soak overnight. Be sure the bowl has extra room in it as the buckwheat expands.
- The next day, rinse the buckwheat and place in a strainer. Rinse twice a day until the buckwheat has sprouted and the sprouts are about half the length of the seed.
- Set buckwheat aside to drain while preparing the other ingredients.

Variations:

- Add grated or pureed vegetables such as zucchini, carrot, onion, celery, etc.
- This will affect wetness and drying time as vegetables will add water content.
- Spices or herbs such as Italian seasoning, onion and garlic (pureed or powder) can be added as well.

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NUT-BASED SANDWICH SLICES

Karen Osborne

Ingredients

- 4 cups almond pulp
- 1 zucchini, peeled
- 1 large carrot
- ½ cup onion
- 1 teaspoon salt
- 1 stalk celery, chopped
- 2 teaspoons Italian seasoning
- ½ cup sunflower seeds
- 1 cup flax seeds, ground



Instructions

1. Blend zucchini, carrot, onion, celery, salt and Italian seasoning in blender.
2. In a large bowl, add blended vegetables and seasonings to nut pulp.
3. Stir in ground flax seeds
4. Stir in sunflower seeds.
5. Spread onto non-stick sheets.
6. Score into sandwich-sized slices or triangles for half-sandwiches.
7. Makes five cups of bread dough. Three cups will fill one non-stick sheet.
8. Dehydrate at 105°F on non-stick sheets for 2-3 hours.
9. Flip onto mesh sheet and continue dehydrating until chewy but firm.

Double the recipe and make 3 sheets and a third of another sheet. This keeps nicely in the freezer in an airtight container for months.

CARROT-RAISIN BREAD or CARROT-RAISIN BEET BREAD

Karen Osborne

Ingredients

- 4 cups pulp from carrots, beets or other juiced sweet vegetables*
- 1 cup date paste **
- ½ teaspoon cinnamon
- ¼ teaspoon cloves
- ¼ teaspoon ginger
- ½ teaspoon vanilla powder
- ¼ teaspoon salt
- 1 cup flaxseed, ground
- 1 teaspoon psyllium powder
- 1 cup raisins



Instructions

1. Knead all ingredients except psyllium, flax seeds and raisins in large bowl. Add flax seeds and knead until well mixed.
2. Add psyllium and knead until mixed.
3. Add raisins and knead until mixed.
4. Shape into loaf (4" x 3" x 12") or press into plastic wrap lined loaf pans as molds and remove.
5. Slice into ½ inch thick slices, and place them on mesh sheets.
6. Dehydrate at 135°F for 45 minutes.
7. Turn down to 105°F and continue dehydrating 8 - 10 hours until firm.

It takes about 10 carrots plus 1 beet to make one recipe. This is a good way to use juice pulp

** Date Paste

- 8 oz dates soaked in 4 oz water, until soft and processed in food processor
Or
- 1 cup of dates blended with 1/2 cup of water in a high speed blender)

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CHEESY OLIVE SUN-DRIED TOMATO LOAF

Karen Osborne

Ingredients

- 1 cup almonds, processed in food processor into a powder
- 2 zucchini, peeled
- 1 teaspoon salt
- ½ teaspoon garlic powder
- 1 teaspoon onion powder
- 2 tablespoons nutritional yeast
- 2 cups flaxseed, ground
- 1 teaspoon psyllium powder
- ½ cup sun-dried tomatoes, soaked for 1 hour
- ½ cup olives



Instructions

1. Blend zucchini, salt, garlic powder, onion powder, and nutritional yeast in blender.
2. Transfer to large bowl.
3. Stir in ground almonds.
4. Add flaxseed, and stir until well combined.
5. Add psyllium and knead until well combined.
6. Fold in sun-dried tomatoes and olives.
7. Form into a loaf on non-stick sheet, or press into mini loaf pans lined with plastic wrap and remove from mold onto non-stick sheet.
8. Slice into ½ " slices.
9. Place slices on mesh sheets and put in dehydrator.
10. Dehydrate at 135°F for 45 minutes and then at 105°F for 8-10 hours or until firm but chewy.

“BUTTER” for Your Bread

Karen Osborne

Ingredients

- 4 tablespoons coconut oil
- 3 tablespoons flax oil
- 1/4 teaspoon salt
- 1/8 teaspoon dried dill



Instructions

1. Stir all ingredients together in a bowl, and chill in refrigerator for 5 minutes.
2. Stir again every 5 minutes until mixture thickens to keep the salt from settling in the bottom of the bowl. Store in refrigerator.

VERY VEGGIE PIZZA CRUST

Dr. Ritamarie Loscalzo and Karen Osborne

Ingredients

- 1 cup 1/4 inch carrot rounds
- 1 clove garlic
- 2 cups roughly chopped tomato
- 2 stalks celery
- 1/2 cup onion roughly chopped
- 1 small red bell pepper
- 1 teaspoon Italian seasoning
- 2 tablespoons lemon juice
- 1 teaspoon salt
- 1/4 cup parsley, minced
- 1 tablespoon fresh oregano, minced
- 2 cups flax seeds, ground



Instructions

1. Combine first 9 ingredients in food processor until pureed.
2. Pulse in the parsley and oregano
3. Add flax seeds, and process until well combined
4. Spread 2 cups about 1/4 " thick on non stick sheet on dehydrator tray. Make sure it will fit in gallon freezer bag if you want to freeze it. Use less than 2 cups for a thinner crust.
5. Dehydrate at 105°F for 8 hours. Flip and remove sheet and continue drying 7 - 8 hours or until firm. (Shorter if thinner, longer if thicker)

Notes

- For large pizza, spread into large circles, about 1/4 inches thick
- For mini pizza, use 1/3 cup measuring cup to pour into small circles
- *These crusts can be dehydrated on the non-stick sheet until finished for a moister crust or flipped on to a mesh tray when dry enough and dehydrated longer until crisp.*

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Bonus Recipe

ONION SQUASH BREAD

Karen Osborne

Ingredients

- 6 squash (yellow if preferred, but zucchini is good too)
- 2 yellow onions
- 2 teaspoons salt
- 2 cups golden flax seeds, ground



Instructions

1. Shred squash in food processor, and place in large bowl.
2. Mince onions, and add to bowl.
3. Add salt, and massage with hands.
4. Add ground flaxseeds, and mix until thoroughly combined and dough-like.
5. Spread on dehydrator trays lined with non-stick sheets.
6. Dehydrate at 105°F for 2-4 hours. Flip, and remove non-stick sheets.
7. Dehydrate for an additional 12-14 hours, and slice. Store in airtight container in freezer.



Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

Dr. Ritamarie has been sharing her passion for raw and living foods for more than 25 years, lovingly catalyzing others to create joy, success and abundance in their lives. As a Doctor of Chiropractic with Certifications in Acupuncture, Nutrition, Herbal Medicine and HeartMath® , she's also a certified living foods chef, instructor and coach, and has trained and certified hundreds of others in the art of living foods. As a licensed health care provider, Dr. Ritamarie has seen the magical transformations that occur when her patients and students apply the ancient healing wisdom of

whole fresh foods and supportive lifestyle practices with a touch of modern scientific research. She offers online courses and long distance coaching and counseling as well as in-person classes and hands-on healing methodology.



Chef Karen Osborne

Karen Osborne, a lifetime active pianist, has been preparing gourmet raw food since being introduced to it in 2001. Karen's body became her new, finely tuned instrument after experiencing the energy and great health that followed the elimination of gluten, dairy and refined sugar from her diet and adding lots of greens. Karen's passionate performances now are focused on creating raw food experiences as treats of harmonic sensations, developing flavors like a symphony. From delicate to dynamic, her food is music to the palate. Specializing in tantalizing raw versions of favorites like Tiramisu, she loves to help people with the food part of their transition to a healthy lifestyle that also includes exercise, sun and sleep. Karen is a

graduate of Living Light Culinary Arts Institute and sells her creations in the Austin, TX area where she gives private instruction in Raw Food preparation, demonstrates Raw Food Joy regularly for a market in South Austin, manages Dr. Ritamarie's Co-op and teaches classes.

www.karenorawchef.com



Pamela Weems

A special education teacher for many years, Pamela Weems became interested in regaining her health through whole and living foods after she developed thyroid abnormalities and after a close friend of hers developed cancer. Pamela has taken food preparation classes with Dr. Ritamarie Loscalzo and through her has obtained certification as Chef and as Instructor in Alissa Cohen's Living on Live Foods courses. She enjoys making salad dressings, desserts and snacks for family and friends.

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Health and Nutrition Books and Programs

by Dr. Ritamarie Loscalzo

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