

Date: 9/18/2016

Time: 2:17 PM

Chef Tee

Dehydrated - Buckwheaties

Optimum Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 60

ounces

Prep

Portion 4

ounces

Cook

Num Portions 15

Finish

Shelf

Ingredients

3	cups	sprouted buckwheat seeds
2	tablespoons	ground cinnamon
1	tbl	ground ginger
1/2	tsp	ground allspice
1	tbl	vanilla powder

Soak buckwheat overnight (3 cup soaked = 6 cup sprouted). Drain and rinse well. Transfer to mixing bowl and toss with spices. Spread evenly in a single later on dehydrator trays with teflex. Cover with additional dehydrator tray (screen, not teflex). Dehydrate 24 hours. Crumble and store in airtight container.

Date: 9/18/2016

Time: 2:17 PM

Chef Tec

Dehydrated - Chips

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 26 ea

Portion 1 ea

Num Portions 26

Prep

Cook

Finish

Shelf

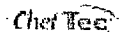
Ingredients

2	cups	zucchini
2	cups	celery
2	cups	red bell pepper
1	cup	green cabbage
2	teaspoons	ground cumin
0.2	tsp	chipotle
1/2	cup	ground flax seed seeds
1/2	cup	whole flax seed seeds

Soak whole flaxseeds for 4 hours before beginning. Blend all ingredients in vitamix except whole flaxseeds to make a puree. Transfer puree into a bowl and whisk in whole flaxseeds. Spread 1/4 inch thick on teflex tray and score into small squares or triangles. Dehydrate at 105 for 24 hours or until completely dry, flipping at halfway point.

Date: 9/18/2016

Time: 2:18 PM



Dehydrated - Apple Crisps

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 12 ea

Portion 1 ea

Num Portions 12

Prep

Cook

Finish

Shelf

Ingredients

1/2	cup	ground flax seed seeds
1/4	cup	ground sunflower, hulled seeds
1/2	cup	soaked & dehydrated sunflower, hulled seeds whole
12	ounces	Applesauce
1	tbl	ground cinnamon
1	tsp	ground ginger
1	tsp	vanilla powder

Stir all ingredients together, spread into 1/4 inch thick layer on dehydrator. Score into rectangles and dehydrate overnight or until crisp.

Date: 9/18/2016

Time: 2:19 PM

Chet Tee

Dehydrated - Curry Crackers

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 54

Portion 1

Num Portions 54

ounces

oz

Prep

Cook

Finish

Shelf

Ingredients

5	cups	pulp from juiced pulp sweet potato
1 1/2	cups	soaked sesame seeds
2	cups	soaked flax seed seeds
1	tsp	curry powder
1/2	tsp	cinnamon
2	cloves	garlic
1/2	cup	chopped yellow onion
1	ea	red bell pepper
1	cup	water

Blend sesame, onion, garlic, bell pepper, water and seasonings into a puree. Combine with all other ingredients in mixing bowl and add pureed blend. Stir with spatula to mix well. Spread in 1/4 thick layer onto dehydrator trays and score into large triangles. Dehydrate at 105 for 48 hours, flipping after 24 hours. All spice can be substituted for cinnamon.

Date: 9/18/2016

Time: 2:20 PM

Chet's

Dehydrated - Essene Crackers

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 24

ounces

Prep

Portion 1

oz

Cook

Num Portions 24

Finish

Shelf

Ingredients

1 cup

soaked & sprouted quinoa seeds

8 ounces

Rejuvelac

Combine sprouted quinoa and rejuvelac in blenders and blend well. Portion onto dehydrator trays in 1 oz portions (4 across, 4 down). Lightly tap beneath each cracker to spread batter thin (appx 1/4 inch). Dehydrate 24 hours.

Optional add ins:

- Add 8 oz salsa instead of 8 oz rejuvelac (or)
- 2-3 T Add ground flaxseeds or ground chia and 1 chopped zucchini

Date: 9/18/2016

Time: 2:20 PM

Chef Tee

Dehydrated - Flax Crackers

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 48

ounces

Prep 1 hour

Portion 1

oz

Cook

Num Portions 48

Finish

Shelf

Ingredients

2 cups

soaked flax seed seeds

1/2 cup

fresh basil

1 cup

chopped yellow onion

1 ea

celery

3 ea

chopped firm tomato

Soak flax seeds for 4 hours. Drain and rinse then place in mixing bowl. Blend remaining ingredients in vitamix. Stir blended ingredients in mixing bowl with flax seeds. Spoon onto dehydrator sheets in 1 T portions, flatten to 1/4 inch rounds, and dehydrate for 2 days, turning crackers after the first day.

Optional: Add 2 T rosemary

Date: 9/18/2016

Time: 2:21 PM

Chef Tec

Dehydrated - Garlic Bread

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 15 ea

Portion 1 ea

Num Portions 15

Prep

Cook

Finish

Shelf

Ingredients

2	cups	soaked & dehydrated sunflower, hulled seeds
1	cup	ground flax seed seeds
1 1/2	cups	chopped yellow onion
2	cloves	peeled garlic
1 1/2	teaspoons	kelp powder
1 1/2	teaspoons	dried celery
0.3	cup	water
2	sprigs	fresh basil

Process sunflower seeds into dry flour. Add flax and kelp to the sunflower flour. In the food processor combine celery, onion & garlic and process until mushy. Combine two mixtures into large bowl and add water, mix well until achieve doughlike consistency. Mold into small loaves and then dehydrate for 15 hours. Best when served straight from dehydrator, but can store in fridge for 3-4 days.

Date: 9/18/2016

Time: 2:22 PM

Chef Tec

Dehydrated - Italian Croutons

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 24 ea

Portion 2 ea

Num Portions 12

Prep

Cook

Finish

Shelf

Ingredients

2	cups	Seedcheese
2	ea	chopped firm tomato
1/4	ea	chopped yellow onion
2	cloves	garlic
2	teaspoons	dried oregano
2	teaspoons	pizza seasoning
1	tsp	flakes dulce
2	tablespoons	tomato powder

Date: 9/18/2016

Time: 2:22 PM

Chef Tec

Dehydrated - Onion Bread

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 45

ounces

Prep

Portion 3

ounces

Cook

Num Portions 15

Finish

Shelf

Ingredients

4 cups

yellow onion

1 cup

soaked & dehydrated sunflower, hulled seeds

1 cup

ground flax seed seeds

2 ribs

celery

1/2 bunch

fresh cilantro

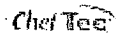
1/2 cup

sauerkraut juice

Process sunflower seeds in dry vitamix until fine powder, place in mixing bowl. Process onions, celery, and cilantro in food processor until finely chopped but not mushy. Combine all ingredients in mixing bowl and mix well. Add small amount of r/o water if needed to achieve desired consistency. Spread onto dehydrator trays, score into square pieces, and dehydrate for 24 hours, flipping once.

Date: 9/18/2016

Time: 2:23 PM



Dehydrated - Onion Rings

Optimum Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 5

trays

Prep

Portion 3

ounces

Cook

Num Portions 20

Finish

Shelf

Ingredients

8 cups

sliced thin yellow onion

20 ounces

Sauce - Onion Rings

Slice onions into 1/4 inch thick rings and separate all layers. Toss sliced onion rings with onion ring sauce and ensure all rings are coated well. Spread onto dehydrator trays. Dehydrate 24 hours at 105, flip and dehydrate 12-24 more hours.

Date: 9/18/2016

Time: 2:23 PM

Chef Tec

Dehydrated - Pizza Crust

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 78

ounces

Prep 1 hour

Cook

Portion 2

ounces

Finish

Num Portions 39

Shelf 1 month

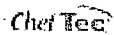
Ingredients

4	cups	soaked pumpkin seeds
1 1/2	cups	ground chia seeds
8	cups	chopped red cabbage
1	cup	chopped yellow onion
2	ea	chopped celery
1	ea	avocado
1	clove	garlic
2	tablespoons	sauerkraut
1	tbl	flakes dulse
4	cups	water

Blend all ingredients in food processor, leaving somewhat chunky texture that congeals like batter. Spread into 1/4 inch thick round circles on dehydrator trays. Score into 8 slices. Recipe should make approximately 5-6 trays. Dehydrate for 2 days, flipping after 24 hours.

Date: 9/18/2016

Time: 2:26 PM

 Chef Tec

Dehydrated - Pumpkin Seed Crackers

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 48

ounces

Prep 1 hour

Portion 1

oz

Cook

Num Portions 48

Finish

Shelf 1 month

Ingredients

4	cups	soaked pumpkin seeds rinsed
2	cups	soaked sesame seeds rinsed
2	ea	chopped red bell pepper
2	cups	chopped yellow onion
2	ea	chopped firm tomato
3	cups	chopped zucchini
1	sprig	fresh basil
1	tbl	dried oregano
1 1/2	teaspoons	garlic powder
1	tbl	tomato powder

Place half of the pumpkin seeds and half of the sesame seeds in mixing bowl. Blend remaining seeds in vitamix with vegetables, herbs, and spices until mixture is smooth. Add mixture to mixing bowl with whole seeds and stir well with spatula. Spoon onto dehydrator trays in clumps apex 1/2 inch tall, do not flatten. Dehydrate for 2 days, turning crackers over after the first day.

For nightshade-free version:

No tomato, no bell pepper. Add green cabbage, additional zucchini, and 1/2 cup sauerkraut juice.

Date: 9/18/2016

Time: 2:26 PM

Chef Tec

Dehydrated - Spinach Tortilla

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 48

ounces

Prep 1 hour

Portion 2

ounces

Cook

Num Portions 24

Finish

Shelf 1 month

Ingredients

1 lb

baby spinach

1 cup

ground flax seed seeds

2 cups

diced zucchini

2 ea

diced avocado

1 tsp

kelp powder

1/2 cup

water

2 ea

Juiced lemon

Mix all ingredients in food processor until nearly smooth. Spread evenly onto 6 dehydrator trays and score into 4 squares apex 1/4 inch thick. Dry completely for appx 24 hours.