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Hallelujah Acres Canada has put all of Judy Fleming's Mini Recipe books in PDF format so you can always have awesome vegan recipes at your fingertips. Judy is a certified Raw Food Chef developing her own vegan recipes since 1998.

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Who said eating healthy is no fun? Inside these books you will find an tantalizing assortment of recipes you can add to your daily routine and still feel good about what you eat.

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Here is one of the recipes from the **DEHYDRATING MADE EASY** book

Vegetarian Sliders on Flax Crisps with Zucchini Relish

The Slider: makes 12

Put the following in a large bowl and let sit while you get everything else ready:

- 1 cup slightly ground flax seed
- ½ cup pumpkin seeds
- 1 ½ cups water

Process the following ingredients in your food processor until chunky only:

- 1 tomato (quartered)
- ½ cup of each diced: celery, zucchini, cabbage
- 1 beet (quartered)
- ¼ cup onion (diced)
- 1 tsp of each: chili powder, curry, paprika, salt
- 1 large clove garlic

Add this mixture to the large bowl of flax mixture, stir well. This mixture should be about the same consistency of ground hamburger. Take a small scoop and shape into a small round 2-3" each about 1" thick and place on your Paraflex sheet for your dehydrator.

Dehydrate at 105F for about 3 hours then flip onto just the fine mesh screen and dehydrate again for 1-2 hours (they should still be soft inside). These can be stored in the freezer for up to a month.

Serve on flax cracker thins or multi grain buns with assorted toppings such as tomato, onion, mustard, zucchini relish, cucumber slices, and lettuce.

The Zucchini Relish: makes 1 cup (keeps for 3-5 days in fridge)

In a mini blender process until a relish like consistency:

- ¼ cup of each: chopped zucchini and onion
- ½ lime juiced
- 1 clove garlic
- 1 handful cilantro

