

### ***Zucchini-Broccoli Cracker:***

- Put into the big food processor:
  - 5 cups of ground flax seed
  - 10 cups chopped zucchini
  - 10 cups chopped broccoli
  - 0.75 cups lemon juice
  - 0.75 cups soy sauce
  - 10 tablespoons fresh herbs
  - 1.5 teaspoons salt
  - 3 teaspoons pepper
  - 1/2 teaspoon shate pepper
  - 10 tablespoons nutritional yeast powder.
  - Blend everything. If it is too thick, add water (1 to 2 cups). Dehydrate.