



# FLATBREAD RECIPE

(Oil and Dairy-Free)

Dr. Donna F. Smith

## INGREDIENTS

SERVING	INGREDIENT	COMMENTS
2 ½ Cups	Dry Organic Grain, such as brown rice, whole wheat berries, buckwheat, etc.	3 lbs. Organic Buckwheat purchase from Dr. Smith
3 ½ Cups	Reverse Osmosis Purified Water	1-2 tablespoons
1 teaspoon	Pink Salt	Purchase from Dr. Smith
1 to 2 Veggie Caps (optional)	Quantum Turmeric (60 Vcaps) (Purchase from Dr. Smith)	You may use other herbs for seasoning
<b>EFA Oil liquid to lubricate the pan.</b>		

## INSTRUCTIONS

- Rinse the Grains. First, place the grain in a strainer and rinse once or twice with Reverse Osmosis (R.O.) Purified Water.
- Soak Overnight. Next, place the grain in a glass bowl and add enough water so that there is about one-inch of R. O. purified water above the level of the grain. (The extra water is needed as the grain drinks in the water and slowly expands.) Cover the bowl and let it stand at room temperature for about 12-24 hours. Rinse the grain once or twice more during this time.
- Rinse and Blend. After 12 to 24 hours, rinse the grain again. Place the soaked grain in a TurboBlend (order from Dr. Smith) or a regular blender.
- Into blender, add:
  - 3 ½ cups of R. O. Water
  - 1 tsp. of Pink Salt
  - 1-2 Vcaps – Turmeric (open veggie capsules into blender). Other organic herbs may be used for variety. Add amount to your taste preference.
  - Note: Adding herbs (4.c.) is optional.
- Blend all ingredients for 2-3 minutes, until the batter is thin and creamy.
- Heat the batter. Pour pancake-sized amounts of batter on a skillet. Use a small amount of EFA Oil Liquid to lubricate the pan. Heat at medium temperature, flip once or twice, until the batter is well-cooked.
- You've just made a delicious organic Flatbread.



# FLATBREAD RECIPE

(Oil and Dairy-Free)

Dr. Donna F. Smith

## RECIPE TIPS

### FLATBREAD VARIETY

1. When preparing Flatbread Recipe, you can add:
  - a. Different herbs, thus changing the taste to be Italian or Mexican, etc. Refer to Herbs and Spices for a list of herbs to use for an Italian flavor, etc.
  - b. Aged white cheese
  - c. Diced vegetables
  - d. Thinly chopped nuts
  - e. Sprouts – alfalfa or bean sprouts.
2. After cooking in a skillet, you can spread nut butter or organic, sugar-free jam.

### FREEZE FLATBREAD

Pick one day a week to make a big batch of flatbread. Divide and insert them into several freezer bags (a few per bag) and freeze.

When needed later during the week for meals and snacks insert a few of the frozen flatbread into a toaster oven and heat until toasty warm. This takes 2-3 minutes from frozen state to piping hot.

### FLATBREAD CHIPS

You can make the flatbread thinner by adding a bit more water to the batter before you cook it. This will make the flatbread cook quicker and become crisper.

Note: When using frozen batter, adding water is not necessary. Heat a little longer to make flatbread crisper.

**EDUCATION:** Avoid commercial corn chips and potato chips. They are fried in oil which is hydrogenated and often rancid. They are typically made from pesticide-tainted grain, with toxic chemical preservatives, such as BHT, which is destructive to the liver and gallbladder first, then all areas of the body.



# FLATBREAD RECIPE

(Oil and Dairy-Free)

Dr. Donna F. Smith

## BREAD EDUCATION

### FLAT BREAD IS THE ONLY BREAD TO EAT

The Flatbread recipe provides the only type of bread that is truly healthy to eat. Flatbread is the type of bread that was eaten until the invention of ovens. In pre-oven days, flatbread was made with the above ingredients and then laid in the sun and sun-baked until it was at the right texture for eating.

### WHY SOAK GRAINS?

When grains are soaked overnight, the kernels begin to sprout. The nutritional content of the kernels are released, i.e., nutritious enzymes rapidly increase and become more bio-available. The kernels become easier to digest. The kernels in their dry state are considered to be “grains;” however, when soaked the grains are slowly converted to “sprouts,” a far more nutritious form of grain. In addition, soaking the grains neutralizes the naturally-present enzyme inhibitors in the grain which can stress digestion.

Convert your grains into super-sprouts. (Note: if the grains are soaked too long without rinsing, they can mildew. If they are sprouted for too many days, they become too woody or fibrous to eat.) For people who have digestive trouble or other symptoms after eating meals made with dry grains, many of these people can easily digest grains after they are soaked because when the grains transform into sprouts, the gluten content is also converted.

### WHAT IS WRONG WITH EATING REGULAR BREAD?

The only healthy bread is flat bread. Enriched bleached white bread is the toxic of all breads and most people are aware of this. However, even whole grain bread is toxic. Why? All other breads, except for Flatbread, are baked in ovens at high temperatures of 150° to 250° degrees higher than the “critical temperatures” of grains. Average baking temperatures are from 350° to 450° degrees F. Because bread is heated so highly, it elicits a toxic blood reaction after it's eaten. Even well-grown grains, such as grade 10, will cause this toxic reaction when highly heated. Many doctors have declared, “You can't be well if you eat bread,” meaning bread prepared as described above. (Read section on next page, “Digestive Stress.”)

Thermotoxins can occur in over-heating vegetables too. For example: a baked potato cooked at 350° degrees will elicit this toxic reaction in the blood after eating. However, if slow-baked under 200° degrees F. for a longer time, no toxic reaction will occur after eating.

The higher the temperature over the food's critical temperature, the greater and more violent the thermotoxic reaction taking place in the blood. Unfortunately, there is no immediate symptoms felt after eating thermotoxic foods or people would avoid over-heating foods.



# FLATBREAD RECIPE

(Oil and Dairy-Free)

Dr. Donna F. Smith

## FOODS COOKED ABOVE CRITICAL TEMPERATURE CAUSE DIGESTIVE LEUKOCYSTOSIS, GI DYSFUNCTION, INFECTIONS, IMMUNE DISEASES and LEADS TO OTHER DEGENERATIVE DISEASES

### Digestive Leukocystosis

In the 1930's, Dr. Paul Kouchakoff at the Institute of Clinical Chemistry in Lausanne, Switzerland, discovered when foods are heated at or above their critical temperature for more than 30 minutes, the blood responds immediately by increasing the number of these white blood cells. This was a well-known abnormal biochemical response called, "digestive leukocystosis." \*\* This means that after eating food, there was a rise in the number of leukocytes (or white blood cells). Increased white food cells are always a sign of infection and immune system stress.

Until this discovery, this response was typically seen only when the body is reacting to infection, trauma or toxic chemicals. Dr. Kouchakoff discovered, however, that the body also had this response when reacting to how highly the food had been heated. Over-heated foods causing this reaction are called, "Thermotoxins." When raw food was eaten or foods heated below their critical temperature, this response did not occur.

### The Critical Temperature

Critical temperatures for heating foods vary between 87°C (189°F) and 97°C (207°F) depending on the food, with boiling temperature no higher than 212° F. Each food, including every grain, has a "critical temperature." For example, the critical temperature of a potato is 200° F; a fig is 206° F; and whole wheat is 192° F.

=====

### **\*\*References:**

1. Dr. Paul Kouchakoff, Institute of Clinical Chemistry, Lausanne, Switzerland, [1937, pp. 330-332],
2. "The Effect of Heat Processed Foods and Metabolized Vitamin D Milk on the Dentofacial Structures of Experimental Animals," Journal of Orthodontics and Oral Surgery, August, 1946, Vol. 32, No. 8, pp. 467-485.
3. "Nutrition and Physical Degeneration," W. A. Price, D.D.S., Price-Pottinger Nutrition Foundation publisher, La Mesa, Ca., Eleventh Printing 1982.
4. "The Influence of Food on the Blood Formula of Man," P. Kouchakoff, M.D., First International Congress of Microbiology, Paris, 1930.