Vegan Rye Zucchini Flatbread

Cook Time: 0 min prep Time: 0 min total Time: 0 min servings: 0
Ingredients:

- 1/2 cup(100g) rye flour
- 1/3 cup(50g) almond flour
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 150g zucchini, roughly chopped
- 2 tablespoons tahini
- 2 1/2 tablespoons olive oil
- 25g dates (about 3 small)
- 1 tablespoon date molasses
- 1/2 cup water
- 1/3 cuppsyllium husk(or 1/4 cuppsyllium powder)

Instructions:

1. Pre-heat the oven to 350F or 160C. Prepare a baking sheet with a silicone mat or parchment paper.
2. In a medium bowl place the rye flour, almond flour, onion powder, garlic powder and salt. Stir to combine and set aside.

3. In a blender or food processor place the zucchini, tahini, olive oil, dates, molasses and water. Blend well. Add the psyllium and blend to combine, but not too long as the mixture will get too thick otherwise and you want it to still be somewhat pourable.

4. Pour the zucchini mixture over the dry mixture and mix to create a thick slightly sticky dough.

5. Divide the dough into 6 equal portions and roll into balls. On a lightly floured surface roll out each dough ball to about a cm thickness, and about 12-15cm in length and 8-10cm width. I liked making the edges slightly higher to hold any filling you will add later and make it look more like a pizza dough.

6. Place on the prepared baking sheet and bake for 30-35mins until the bottoms are nicely browned.

7. You can add your toppings and place back into the oven straight away. Otherwise let cool and the store in an airtight container in the fridge for about a week and 3 months in the freezer.