

## - ENJOY THE CAKE/BREAD -

\*IN ADDITION TO THE COOKED-BLACK-BEANS - OTHER INGREDIENTS ADDED!

1. CHIA SEEDS
2. FLAX SEEDS
3. OAT BRAN and/or HEMP SEEDS
4. (3) or more Tlbs. Of OLIVE OIL
5. (2) EGGS and 1 TO ½ CUP SUGAR FREE APPLE SAUCE (lends moisture)
6. (3) TLBS. OF AGAVE
7. PINCH OF HIMALAYAN SALT
8. (1 - 2) TLBS. DARK CHOCOLATE POWER
9. ABOUT (1) OR MORE CUPS OF BROWN RICE FLOWER
10. SPELT FLOUR
11. COCONUT FLOUR and/or QINUWA FLOWER
12. KAMUT FLAKES or BROWN RICE FLOUR
13. SOME ALMOND MILK
14. ALMONDS AND WALNUTS integrated into the Dough.

\*You can use all of the above - create others of your own - or, just the Black Bean. I like to mix-and-match stuff so...experimenting is fun and therapeutic. ;-)

Baking temperature is 350 - 360 degrees for about 1 hour (depending on oven and location). After 1 hour check the bread/cake.

Often, I've had to leave it in for another 20 minutes or so depending on whether it is in a "bread pan" or "cake pan" which is more shallow.

The Blender was completely full with the cooked Black-Beans and some Almond Milk. Cook lots of them (BB) and eat bread/cake for weeks.