



Corn Soy bread

Ingredients:

1-3/4 Cup (420 ml) Cornmeal

3/4 Cup (180 ml) soaked overnight and drained soy beans or
canned drained garbanzo beans

1/2 Cup (120 ml) raw nuts (pecans, walnuts, almonds, brazil nuts)

2 Tablespoons (30 ml) raw un-hulled sesame seeds

2 Cups (480 ml) water

2 Tablespoons (30 ml) Sweetener (honey, fruit concentrate, or
ground unsweetened coconut)

1/2 teaspoon (5 ml) Salt (optional)

Directions:

1. Grind sesame seeds and raw nuts to meal in a blender.
2. Blend soy beans or garbanzos with water till smooth.
3. Beat all ingredients well, making a soft batter.
4. Prepare baking dish with olive oil and sprinkle with cornmeal.
5. Spoon mixture into baking dish.
6. Bake at 400F or 205C for up to 1 hour.