

Turmeric Flatbread

This flatbread is designed to give a therapeutic dose of bioavailable turmeric with other ingredients that support metabolic health, especially valuable for metabolic syndrome, and related conditions. It is important to use **organic turmeric powder that is standardized to 5% curcuminoids** to ensure the therapeutic dose is correct.

The recipe makes 40 pieces of flatbread in total. Each piece includes the following:

- Turmeric: 0.5 g (Curcuminoids: 25 mg)
- Fenugreek: 1 g
- Nigella: 1 g
- Flaxseed: 3.5 g
- Calories: 126
- Protein: 4.88 g
- Total Fiber: 3.35 g
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With 20 g of turmeric per batch, each square of flatbread has 25 mg of bioavailably enhanced curcuminoids. Eating two pieces per day is a genuinely good therapeutic dose. To achieve a greater therapeutic effect, increase turmeric to 40 g, thereby providing 50 mg of bioavailably enhanced curcuminoids (however this does make for a much stronger taste).

INGREDIENTS

- 40 g Fenugreek seed (whole) (4 flat tbsp.)*
- 660 mL Water (600mL + 60mL / 20 Fl oz + 2 Fl oz)
- 20 g Turmeric powder (2 heaped tbsp.)*
- 40 g Nigella seed (2 x 20 g) (4 heaped tbsp.)
- 60 mL Sesame seed or olive oil (2 Fl oz)
- 200 g Brown onion, chopped (2-3 med./7oz)
- 300 g Carrot, chopped/grated (2-3 lg./10.5 oz)
- 260 g Besan (garbanzo/chickpea) flour*
- 20 g Cumin seed (3 heaped tbsp.)
- 20 g Black mustard seed (2 flat tbsp.)
- 160 g Pumpkin seed (1 cup)
- 140 g Whole brown linseed/flax seed (1 cup), finely grind half of this (70 g)**
- 100 g Sesame seed (1 cup)
- 100 g Sunflower seeds (1 cup)
- 2 tsp. Salt

*Organic, especially important for besan, as conventional besan is particularly high in glyphosate

**Avoid buying pre-ground flax if possible as it goes rancid very quickly. If you do not have a spice grinder though, use 70 g bought ground flax and 70 g whole seeds (and always store flax in the fridge).

EQUIPMENT

- Spice grinder
- Vitamix blender or similar
- Large mixing bowl, wooden spoon
- 2 large baking trays, with baking area roughly 38 x 30 cm each (15 x 12 inches)
- Baking paper
- Large metal spatula

METHOD

1. **Soak the Fenugreek:** Add the Fenugreek seeds to 600 mL of water, stir well, cover, and let soak overnight. No need to refrigerate. If you have a spice or old coffee grinder, grinding the seeds first speeds up the soaking step. Allow at least 6 hours.
2. **Blitz the Fenugreek:** Blend the soaked fenugreek with the soaking water in a blender (I use a Vitamix). Start slow and gradually increase the speed until the texture is thick and goeey (like mayonnaise). It may take a few minutes.

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3. **Incorporate Turmeric and Nigella:** Add the Turmeric powder and half the Nigella seeds (20 g) to the Fenugreek and blend on a high speed for a further 3 - 5 minutes. Add a little water if the consistency becomes too thick. The mixture should be warm to hot when finished and all the Nigella seeds should be finely ground. This step is important because the emulsion created with the Turmeric enhances the bioavailability of its active constituents, the curcuminoids. The black seed coat of the Nigella contains melanin which has a powerful effect on the immune system and grinding it makes it more bioavailable.
4. **Clear the Blender:** Pour contents into a very large mixing bowl and put aside (you will probably need a silicon spatula to scrape as much of the sticky contents out as possible).
5. **Puree Carrots and Onions:** Puree the onions, carrots, oil and 60 mL of water
 - a. If you are using a high-powered blender like me, there's no need to clean the remains from the previous steps out first. Blend until it is a smooth and a free-flowing thick liquid. Add some of the fenugreek/Turmeric mixture if you need more liquid to facilitate blending.
 - b. If you are using an ordinary blender, it will not handle this step and you will need to use a food processor. Grate the carrots and dice the onions first, and process with oil and water to as finer consistency as you can. You may need to incorporate extra water here to do this.
6. **Add Carrot and Onion puree:** Pour the blended carrot and onion into the mixing bowl with the blended spices and stir to an even consistency. Once again, you may find a silicon spatula helps get all the blender contents into the bowl.
7. **Sift Besan flour:** Sift the Besan flour directly onto the mixture and stir it in as you go.
8. **Add remaining ingredients:** Finally mix through all the remaining ingredients: the other half of the nigella (20g), cumin, mustard, pumpkin, sesame, sunflower, whole and ground flax seeds, and salt. Stir together until an even consistency is achieved.
9. **Rest the mixture and prepare to bake:** Leave the mixture to rest for 10-15 minutes to allow the dough to firm up, though it should still be quite wet. If it is too wet, add more Besan flour. Heat the oven to 150°C and line two large baking trays with baking paper.
10. **Spread out the dough:** Divide the dough equally between the baking trays and spread it out to cover the surface, achieving an even thickness and a rectangular shape. Use a long metal spatula to smooth it out and give it straight sides. I flick water onto the dough to make the spatula slide over the surface without sticking, or you can dip the spatula in some water. For those who have used a food processor, the dough may not be quite so sticky. This may be the most challenging step of the whole recipe.
11. **Divide the dough:** Divide the now spread dough into 20 equal portions for each tray (4 x 5) by marking/scoring through the dough with a wet knife. Make sure you score the dough, with a light touch, all the way through to the paper. Once it is baked it easily breaks along these lines to give equal sized pieces.
12. **Bake:** Bake in a fan-forced oven at 150 C (300 F) for 50 minutes (possibly longer without fan-force), or until the desired texture is reached. If you needed to add significantly more water to the mixture before, you may need to extend your bake time as well.
13. **Finish:** Remove from the oven and allow to cool until able to be handled. Then break along the score marks to get 20 separate pieces per tray. Making 20 pieces of bread from each tray makes it simple to calculate the dosage of the herbs used. Store in an airtight container in the fridge for a soft texture.

Suggested use: 1 - 2 squares per day

Serving suggestions:

- Spread with a generous amount of humus or avocado
- It is lovely simply spread with organic butter
- Use it as a bread/cracker replacement
- Crumble into a salad