

## Immunity Flatbread

This flatbread is designed to give a therapeutic dose of medicinal mushrooms and bioavailable turmeric that together support healthy immune system function. Shiitake and maitake mushrooms contain polysaccharides that significantly modulate immune function (up-regulating or down-regulating aspects of immunity as needed), and essentially prime white blood cells for optimized defense. Turmeric has broad application with a powerful effect against inflammatory states.

It is important to use **turmeric powder (preferably organic) that is standardized to at least 5% curcuminoids** to ensure the therapeutic dose is correct. With 20 g of turmeric per batch, and 48 slices, each slice has 20.8 mg of bioavailability-enhanced curcuminoids (416 mg turmeric). To achieve a greater therapeutic effect, double turmeric to 40 g, (however this does make for a stronger taste). As for the mushrooms, each slice contains 2.5 g shiitake and 1.6 g maitake, making a couple of pieces a day capable of medicinal intervention.

Watch the Immunity flat bread tutorial video on my website: [www.leecarrollherbalist.com/blog](http://www.leecarrollherbalist.com/blog)



*Shiitake*



*Maitake*

### INGREDIENTS

200 g	Flax seed (whole)*	10 g	Dry rosemary leaf
600 mL	Water (20 Fl oz), extra as required	100 g	Hemp seed
20 g	Turmeric powder (organic)	100 g	Sunflower seed
120 g	Dry sliced shiitake	120 g	Extra virgin olive oil
80 g	Maitake powder or dry sliced**	2 tsp	Salt
¼ cup	Onion powder (or 4-6 fresh garlic cloves)		

\*Avoid buying pre-ground flax if possible as it goes rancid very quickly.

\*\*If Maitake powder or dry mushroom is unavailable use 200 g Shiitake

### EQUIPMENT

- Spice grinder
- High-powered blender
- 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

# Herba Meditari

Medicinal Living with Lee Carroll

## METHOD

1. **Soak 100 g flax seed:** Add 100g whole flax seeds to 600 mL of water, stir well, cover, and let soak overnight or ideally for 2 days. No need to refrigerate. It is okay to skip the soaking step to save time.
2. **Powder shiitake:** Grind dry shiitake (and dry sliced maitake if using) until it becomes fine flour. Pour into a large mixing bowl.
3. **Blitz the flax seed:** Blend the soaked flax seed (I use a Vitamix). Start slow and gradually increase the speed until the texture is thick and gooey (like mayonnaise). It will take a few minutes. Add as much of the oil as required to achieve a good consistency. Additional water may also be necessary. The mix should flow evenly with the blender on high.
4. **Incorporate turmeric and remaining oil:** Add the turmeric powder and any remaining oil to the flax seed and blend on a high speed for a further 3 - 5 minutes. The mixture should be warm to hot when finished. This step is important because the emulsion created with the turmeric enhances the bioavailability of its active constituents, the curcuminoids.
5. **Clear the blender:** Pour contents over the ground mushroom and mix thoroughly (you will probably need a silicon spatula to scrape as much of the sticky contents out as you can).
6. **Add onion/garlic:** Sift onion powder (or blitz in grinder to remove lumps) into dry mix. If using fresh garlic, add the crushed garlic.
7. **Powder rosemary:** Grind the rosemary to a powder and add to the dry mix
8. **Grind the flax:** Grind the remaining flax seed to a powder and add to the dry mix
9. **Add all remaining dry ingredients.**
10. **Rest the mixture and prepare to bake:** Leave the mixture to rest for 5 minutes to allow the dough to firm up, though it should still be quite wet. Heat the oven to 150°C (300°F), and line two large baking trays with baking paper.
11. **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.
12. **Cut the dough:** Divide the now spread dough into 24 equal portions for each tray (4 x 6) 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.
13. **Bake:** Bake in a fan-forced oven for 45-50 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.
14. **Finish:** Remove from the oven and allow to cool until able to be handled. Then break along the score marks to get 24 separate pieces per tray. Making 24 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 - 3 pieces 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

