

NUTTY CARROT FLAT BREAD

Loaded with sunflower seeds, pumpkin seeds, and carrots, these flatbreads are everything we love about fall. Your food processor will be your best friend for this recipe. Using it makes the recipe come together quickly. Serve the sliced bread warm or at room temperature.



Ingredients

- 2 ounces dry-roasted, unsalted almonds (about 1/2 cup)
- 3 ounces unsalted pumpkin seeds (about 1/2 cup), toasted
- 2 3/4 ounces dry-roasted, unsalted sunflower seed kernels (about 1/2 cup)
- 21 ounces carrots (about 5 large), cut into 1/2-in.-thick slices
- 1 teaspoon chopped fresh oregano
- 1/2 teaspoon ground cumin
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon sea salt
- 2 large eggs

Preheat oven to 400°F. Pulse almonds in a food processor until very finely chopped. Add pumpkin seeds and sunflower seeds, and pulse 5 to 6 times or until coarsely chopped. Transfer mixture to a large bowl. Place carrots in food processor; process until very finely chopped. Add carrots and remaining ingredients to almond mixture, stirring to combine. Press carrot mixture in a thin layer onto a rimmed baking sheet lined with parchment paper. Bake at 400°F for 25 minutes or until bread is firm and golden. Cool in pan on a wire rack. Cut bread into 12 pieces. Serve warm or at room temperature.