

Seed & Nut Bread

Ingredients

135g sunflower seeds
90g flax seeds
65g roasted hazelnuts
145g rolled oats
(or millet flakes for
a gluten-free option)
2 tbsp chia seeds
4 tbsp psyllium husks
2 tspn caraway seeds
(optional)
1 tspn salt
1 tbsp honey
3 tbsp coconut oil,
melted
300ml water

Method

Mix up all the dry ingredients in a bowl. Add the honey, coconut oil and water and mix all together; the dough should be thick. Pour into a greased loaf tin and press down with a spoon until even. Let the mixture sit in the loaf tin all day or overnight. Preheat the oven to Gas mark 4/175C/350F. Bake for 30 minutes. Remove from tin, place upside down onto the oven rack and bake for a further 40 minutes until it sounds hollow when tapped. Allow to cool before slicing.

Serving Suggestions:

Spread with a little coconut oil, almond butter or on its own with salad

Stores for up to 5 days & freezes well