

Nourishing Seed Bread

Courtesy of Penny Benjamin at
www.pennybenjamin.com.au

loaf tin
large bowl
measuring cups and spoons
mixing spoon
cooking skewer

1. **Preheat** oven to 175°C (350°F).

2. **Grease** a loaf tin with 1 tsp **extra virgin coconut oil**

3. In the large bowl, **mix** together

- 1 cup **buckwheat or brown rice flour**
- 1 cup **quinoa or rice flakes**
- ½ cup **sunflower kernels**
- ½ cup **flax seeds**
- ½ cup **pepitas**
- 2 x 15ml TBS **psyllium husks**
- 2 x 15ml TBS **chia seeds**
- 2 tsp **baking powder**
- ¼ tsp **fine sea salt**

4. **Add** and thoroughly **mix** together

- 1 ½ cups **water**
- 45ml (1.5oz) **extra virgin olive or coconut oil**

5. **Transfer** the dough into the loaf tin and **press** down firmly.

6. **Decorate** the loaf by pressing into the top

extra pumpkin seeds

7. **Bake** for 1 hour or until a skewer comes out clean.

8. Allow to **cool** thoroughly before slicing.

9. **Store** in an airtight container for up to 2 days before transferring to the fridge or freezer.

