

LIFE CHANGING BREAD (modified recipe)

Place in glass bowl

1 c sunflower seeds

¼ c pepitas (pumpkin seeds)

½ c almonds, hazel nuts (optional)

Cover with pure water and soak overnight. Next morning drain, rinse and drain again.

TIP: Seeds will be more nutritious if sprouted but will require a bigger loaf tin due to increased volume.

Place the following in food processor in this order to ensure thorough mixing

¾-1 c warm water

1 T maple syrup or honey

3 T coconut oil, or light flavoured olive oil

2 T chia seeds

1 t Celtic salt

Add all the rinsed seeds. Whizz until seeds are pulverized to desired consistency, then add

¼ c flax seeds, freshly ground

4 T psyllium husks

1 c gluten free flour (chickpea, millet, etc. - add flour last)

Whizz again until thoroughly combined scraping down sides if required.

(The longer you mix the finer the seed bread)

Mixture should resemble very thick porridge.

Place in small loaf tin lined with baking paper. Bread will rise about 2cms.

Place in preheated oven (180 deg C) on middle rack and bake for approx. 60 minutes.

TIP: Make two batches at a time. Slice and freeze bread until needed.

VARIATIONS:

Add 1 c dried fruit and extra 1T honey or maple syrup. (Will need larger tin)

Add a little carob powder.

Seeds may be varied but substitute something else to keep total quantities.