



DIY Taste-Tastic Nut & Seed Bread

The most DELICIOUS + NUTRITIOUS no-packaging DIY health bread EVER. Head down to your local bulk bin wholefoods store with your jars and baggies to grab the ingredients and try this recipe - it is so easy you won't look back!

It literally takes 5 mins to prepare, 90mins to glue itself together, and about 55mins in total to bake.

Ingredients:

- 1 ½ cups whole rolled oats (option to use gluten-free)
- ½ cup whole flax seeds
- ½ cup almonds, hazelnuts or walnuts (or a mix)
- 1 cup sunflower seeds (option to mix in pumpkin seeds)
- 2 Tbsp chia seeds
- 3 Tbsp ground psyllium seed husk powder
- 1 tsp fine salt
- 1 Tbsp maple syrup
- 3 Tbsp melted coconut oil
- 1 ½ cups water

Method:

- Combine all dry ingredients in a bowl
 - Whisk maple syrup and coconut oil together in a separate bowl, then add water to this mix
 - Add liquid mixture to the dry mixture and stir well
 - Tip the mixture into a flexible silicone loaf mould and pat down firmly
- NB: Don't worry if it seems a bit watery; the thirsty oats + psyllium will soak all the liquid up during the sit time*
- Leave to bind and glue itself together for 90mins on the benchtop

Baking:

- Heat oven to 180 degrees celcius on Bake mode
- Bake the loaf for 20mins or until golden on the top
- Remove from oven and tip the loaf out upside down on the lined baking tray and bake bottom side up for a further 30 to 35mins
- Remove from oven and allow to cool before slicing

Enjoy!:

- Amazing with a little olive oil and avocado, toasted or untoasted!
- Beautiful with poached eggs, nut butters, jams, honey, hummus, any topping/filling sweet or savoury
- Slice and freeze in 2's wrapped in paper ready to be used as toast or simply defrost and warm in oven :)