



SEED BREAD

ALLERGIES:

No grains
No dairy
No gluten
Low disaccharides

Prep time: 15 mins

Cook time: 50 mins

Serves: makes 1 loaf

INGREDIENTS

- 3 tbsp sunflower seeds, chopped
- 3 tbsp pumpkin seeds, chopped
- 1 tbsp chia seeds
- 1/3 cup almonds, chopped
- 1 1/2 cups almond meal
- 3 tbsp linseeds
- 1 tsp carb soda
- 2 tbsp coconut flour
- 6 whole eggs
- 1 tbsp honey (if desired)
- juice of half a lemon or lime
- 4 tbsp coconut oil, melted
- 1 tsp salt
- 1 tbsp dried mixed herbs (or 2 tbsp fresh chopped)
- 1 tbsp ground tumeric



METHOD

- Preheat oven to 160°C, and grease and line a 20cm x 10cm loaf tin.
- In large bowl mix sunflower seeds, pumpkin seeds, chia seeds, and almonds.
- Stir in almond meal, carb soda, coconut flour, salt, tumeric and herbs.
- Add eggs, honey, coconut oil and lemon/lime juice and mix well.
- Mixture is thinner than regular bread, so don't be concerned.
- Spread mixture into prepared loaf pan, and sprinkle some extra chopped almonds or any chopped seeds on top.
- Bake 40-50 minutes, or until inserted skewer comes out clean.
- Remove from oven and cool in tin.
- Store in airtight container and refrigerate.

NOTE:

I slice the whole loaf, and freeze slices separately to use when desired.
Very tasty with mashed avocado on.