

## **The Life-Changing Loaf of Bread** *High Protein & Gluten free*

*Makes 1 loaf*

Personally I triple the ingredients to make 2 larger loaves at a time & freeze the second for later use.

### Ingredients:

1 cup / 135g sunflower seeds or pumpkin seeds slightly ground

½ cup / 90g flax seeds

½ cup / 65g ground hazelnuts or almonds

1 ½ cups / 145g rolled millet flakes / quinoa flakes / oat flakes

(if you have a thyroid issue do not to use millet)

2 Tbsp. chia seeds

4 Tbsp. psyllium seed husks (3 Tbsp. if using psyllium husk powder)

1 tsp. fine grain sea salt (add ½ tsp. if using coarse salt)

1 Tbsp. maple syrup (for sugar-free diets, use a pinch of stevia)

(1 leave this out)

3 Tbsp. melted coconut/flax/olive oil or ghee

1 ½ cups / 350ml water

### Directions:

1. Whisk maple syrup, oil and water together in a measuring jug. Mix all the dry ingredients in a bowl. Add the wet to the dry ingredients and mix very well until everything is completely soaked and dough becomes very thick (if the dough is too thick to stir, add one or two teaspoons of water until the dough is manageable). Place in a regular loaf tin lined in grease proof paper. Smooth out the top with the back of a spoon. Let sit out on the counter for at least 8 hours, or all day or overnight.

2. Preheat oven to 350°F / 175°C.

3. Carefully remove the loaf from the tin, peel off the grease proof paper and place the loaf carefully on a rack in the oven. Bake for another 30-50 minutes. Bread is done when it sounds hollow when tapped. Let cool completely before slicing (difficult, but important).

4.4. Store bread in a tightly sealed container for up to five days. Freezes well too – slice before freezing for quick and easy toast!