Chunky Nut & Seed Bread

(Gluten-free, dairy-free, egg-free, refined sugar free, grain-free, vegan, vegetarian, yeast-free)

By Emma Turton

Note from Kelly: I usually make double the amount so that it fills the loaf tin.
I like the slices of bread best when toasted. Serve with butter/ nut butter/ avocado or any toppings you like. Store in a sealed container in the fridge.

1 cup sunflower seeds
1/2 cup flax seeds/linseeds
1/2 cup raw almonds
1 & 1/2 cups quinoa flakes
1.5 tbs chia seeds
3 tbs psyllium husks
1 tsp fine Himalayan pink salt
2 tbs coconut oil, melted
1 tbs real maple syrup
350mL filtered water

In a large bowl mix together sunflower seeds, flax seeds, almonds, quinoa flakes, chia seeds, psyllium and salt until well combined.

Measure 350mL water into a jug, then stir into it the melted coconut oil and maple syrup.

Pour the contents of the jug into the dry mixture, stirring well with a spatula to combine.

Pour into a small loaf pan, smoothing out the top of the bread with the spatula. For best results, the loaf pan I use to make this bread is silicon lined and made from heavy metal, and is 10cm x 18cm x 10cm deep.

Allow it to rest, covered, at room temperature for at least 2 hours to soak up all the liquid and become firm.

Preheat oven to 175 degrees C.
Bake in oven for 45 minutes.

Then, using oven mitts so you don't burn your hands, tip loaf out of loaf tin so it is upside down in the oven (removing tin), and bake for another 45 minutes.

Remove from oven and cool completely before slicing.
Best served toasted.
Bread can be sliced, wrapped and frozen for future use.
All measurements are in Australian standard cups (250mL), tablespoons (20mL) and teaspoons (5mL).