SEED AND NUT BREAD

Ingredients:

3 tablespoons sunflower seeds (activated if possible), chopped, plus 1 tablespoon extra, for sprinkling

3 tablespoon pumpkin seeds (activated if possible), chopped, plus 1 tablespoon extra, for sprinkling

1 tablespoon black or white chia seeds, plus 1 tablespoon extra, for sprinkling

50 g (1/3 cup) almonds (activated if possible), chopped

150 g (1 ½ cups) almond meal

3 tablespoons LSA

1 teaspoon bicarbonate of soda

2 tablespoons coconut flour

6 eggs

1 tablespoon honey (optional)

1 tablespoon apple cider vinegar

4 tablespoons coconut oil

1 teaspoon sea salt

Procedure:

Preheat the oven to 160°C. Grease a 20 cm x 10 cm loaf in a tin and line the base and sides with baking paper.

Mix the sunflower, pumpkin and chia seeds in a large bowl. Stir through the almonds, almond meal, LSA, bicarbonate of soda and coconut flour.

Add the eggs, honey (is using), vinegar, coconut oil and salt and mix well to combine. The mixture will resemble a batter rather than a dough.

Pour the dough into the prepared loaf tin and smooth out evenly with a spatula. Sprinkle the extra seeds on top.

Bake for 45-50 minutes, or until golden and a skewer inserted in the centre comes out clean. (You will need to do the skewer test because this bread is much denser than regular bread and won't sound hollow when you tap it.)

Remove from the oven and allow to cool in the tin before turning out.

You can store this bread in the fridge for up to 5 days, or in the freezer for up to 3 months.

SERVES 8

Source: Evan, Pete. "Seed and Nut Bread." *Family Food.* 23