



Nut and Seed Bread

Wheat Free

Dairy Free

Vegan

Your new breakfast loaf

You will need:

A Loaf baking tin, greased and lined with baking paper

1 large bowl, 1 small bowl & a measuring cup.

Dry Ingredients:

1/4 cup Gluten Free Flour

1 1/2 cups Rolled oats

1/4 cup raw cashews

1/2 cup Pepitas

1/2 cup sunflower seeds

1/4 cup almonds, crushed

1/3 cup sesame seeds

2 tablespoons Chia Seeds

3 tablespoons Psyllium husks

Note: nuts and seeds can be substituted with alternatives that are similar.

Wet Ingredients:

2 tablespoon maple syrup

3 tablespoon coconut oil

1 1/2 cups filtered water

Method:

- In the large bowl, add everything on the dry ingredients list.
- In the small bowl mix the wet ingredients together.
- Add wet bowl ingredients to the dry bowl and mix well.
- Put the dough into the baking tin and allow to sit for 2 hours to allow the dough to become more solid.
- Set the oven to 190 degrees
- Place in the oven and bake for 20 minutes. Take loaf out of the tin and bake for a further 35 minutes.
- The loaf should be crusty on the outer edge and slightly browned.
- Leave to cool on a rack and slice when cooled.

Enjoy with avocado, honey or as an accompaniment to a cooked breakfast