



The Life-Changing Loaf of Bread

Sarah Britton BFA, CNP

Makes 1 loaf

- 1 cup sunflower seeds
- ½ cup flax seeds
- ½ cup hazelnuts or almonds
- 1 ½ cups rolled oats
- 2 Tbsp. chia seeds
- 4 Tbsp. psyllium seed husks (3 Tbsp. if using

psyllium husk powder)

1 tsp. fine grain sea salt

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

3 Tbsp. coconut oil or ghee, melted

1 ½ cups water

In a loaf pan, combine all dry ingredients. Whisk maple syrup, oil and water together in a separate bowl. Add mixture to the dry ingredients and combine until everything is completely soaked and dough becomes very thick, adding 1-2 teaspoons water if dough is too thick to stir. Smooth top and let sit at room temperature for at least 2 hours or overnight.

Preheat oven to 350°F.

Bake bread for 20 minutes, then remove bread from loaf pan, place it upside down, directly on a rack, and bake for another 30-40 minutes (it should sound hollow when tapped). Let cool completely before slicing.

Store in an airtight container for up to 5 days.

Read her feature in YAHOO food at: <http://www.yahoo.com/food/the-bread-that-will-change-your-whole-world-73342291256.html>

See this recipe on her blog at: <http://www.mynewroots.org/site/2013/02/the-life-changing-loaf-of-bread/>