

## The Life-Changing Loaf of Bread

**Yield:** 1 loaf

**Prep time:** 20 minutes

**Total time:** 3.5 hours

### INGREDIENTS

**sunflower seeds** | 1 cup

**flax seeds** | ½ cup

**hazelnuts or almonds** | ½ cup

**rolled oats\*** | 1 ½ cups

**chia seeds** | 2 tbsp

**psyllium seed husks\*** | 4 tbsp

**sea salt\*** | 1 teaspoon, fine grain

**maple syrup\*** | 1 Tablespoon

**coconut oil or ghee** | 3 Tbsp, melted

**water** | 1 ½ cups

### DIRECTIONS

1. In a flexible, silicon loaf pan combine all dry ingredients, stirring well. Whisk maple syrup, oil and water together in a measuring cup. Add this 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). Smooth out the top with the back of a spoon.
2. Let sit out on the counter for at least 2 hours, or all day or overnight. To ensure the dough is ready, it should retain its shape even when you pull the sides of the loaf pan away from it.



3. Preheat oven to 350°F / 175°C.
4. Place loaf pan in the oven on the middle rack. Bake for 20 minutes. Remove bread from loaf pan, place it upside down directly on the rack and bake for another 30-40 minutes. Bread is done when it sounds hollow when tapped. Let cool completely before slicing (difficult, but important).

### ABOUT THIS RECIPE:

#### Gut Friendly Recipe

**Gluten free, Dairy Free, High Fiber, Anti-Inflammatory, Vegetarian**

### NOTES

- \* Choose gluten-free oats as needed
- \* If using psyllium husk powder, use 3 Tablespoons
- \* If using coarse salt, add ½ tsp.
- \* For sugar-free diets, use a pinch of stevia in place of maple syrup

**Julie's Tip:** Store bread in a tightly sealed container for up to five days. Freezes well too – slice before freezing for quick and easy toast!