

LOVE THY CARROT

real food made with love

. . .

NUT AND SEED BREAD MADE WITH ALMOND & COCONUT FLOUR

MAKES 1 LOAF

INGREDIENTS

1½ cup almond meal
1/2 cup sunflower seeds, raw
1/2 cup pumpkin seeds, raw
4 tbsp chia seeds
3 tbsp flax seeds
1/3 cup almonds, raw
2 tbsp coconut flour
1 tsp baking soda
3 eggs
¾ cup almond milk
½ cup olive oil or coconut oil
1 tbsp honey
1 tbsp cider vinegar
½ teaspoon coarse salt

DIRECTIONS

1. Preheat the oven to 350°F.
2. Line a loaf pan with parchment paper, then brush with a bit of oil.
3. Mix the pumpkin, sunflower, flax and chia seeds in a bowl, set aside 3 tablespoons in a small dish.
4. Place the almonds in a food processor and pulse a few times.
5. Add the remaining seeds and pulse until coarsely ground.
6. Add the almond meal, coconut flour and baking soda and pulse until well combined.
7. Then add the eggs, almond milk, oil, honey, vinegar and salt and process until well combined.
8. Pour the mixture into the prepared loaf pan, then sprinkle with the 3 tbsp of reserved mixed seeds.
9. Bake for 45 to 50 minutes, or until the bread is golden-brown and a metal skewer or knife inserted in the centre comes out clean. (I covered the loaf or the last 10 minutes as the mixed seeds on top were starting to get dark).
10. Remove loaf from the oven and let cool completely before removing from loaf pan.

11. Wrap the cooled bread in foil or wax paper, or place it in a plastic bag and store in refrigerator for up to 5 days.

C O O K S N O T E S

I love this bread toasted.