

# THE LIFE CHANGING LOAF OF BREAD

Serves/Size – 1 loaf

URL: <http://www.mynewroots.org/site/2013/02/the-life-changing-loaf-of-bread/>

## INGREDIENTS

- 1 cup sunflower seeds
- ½ cup flax seeds/linseed
- ½ cup hazelnuts
- 1 ½ cups gluten-free rolled oats
- 2 tablespoons chia seeds
- 4 tablespoons psyllium seed husks
- 1 teaspoon fine grain sea salt
- 1 tablespoon maple syrup
- 3 tablespoons melted coconut oil
- 1 ½ cups water

## DIRECTIONS

In a flexible silicon loaf pan combine all dry ingredients, stirring well. Whisk maple syrup, oil and water together in a measuring jug. Add this to the dry ingredients and mix very well until everything is completely soaked and dough becomes very thick (if it is too thick, add one or two teaspoons of water). Smooth out the top with the back of a spoon. 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 back the sides of the loaf pan away from it.

Preheat oven to 175°

Place loaf pan in the oven on the middle rack and 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.

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