

Seed and nut bread

Recipe from Family Food by Pete Evans

Ingredients

- 3 tablespoons sunflower seeds (activated, plus extra for sprinkling)
- 3 tablespoons pumpkin seeds (activated ,plus extra for sprinkling)
- 1 tablespoon black or white chia seeds (plus extra for sprinkling)
- 50g or 1/3 cup almonds (activated)
- 150g (1 1/2 cups) almond meal
- 3 tablespoons LSA (linseed, sunflower seed, almond meal)
- 1 teaspoon bicarbonate of soda
- 2 tablespoons coconut flour
- 6 eggs
- 1 tablespoon honey (optional - but I use it)
- 1 tablespoon apple cider vinegar
- 4 tablespoons coconut oil
- 1 teaspoon salt



Method

Preheat oven to 160 degrees. Grease a 20cm x 10cm loaf tin and line the base and sides with baking paper.

Mix all ingredients together and combine well. The mixture will resemble a batter rather than a dough.

Pour the dough into the prepared loaf tin and smooth out evenly with a spatula. Sprinkled the extra seeds on top and pat down slightly so they stick into the batter.

Bake for 45-50 mins. Be sure to use a skewer to test to see if it is cooked. If it comes out clean when inserted into the centre of the loaf, it's cooked. Remove from oven and let cool in the tin before turning it out.

Stores in the fridge for up to five days.

Enjoy on its own, or topped with avocado, sugar-free jam, honey, chopped tomato or whatever takes your fancy.



Notes

In Pete Evan's recipe, he calls for the seeds and nuts to be activated and chopped. If I remember, I activate the nuts and sees by soaking the almonds in a covered bowl of water with a teaspoon of salt overnight (12 hours). Seeds only need soaking for 6 hours. Be sure to rinse them well. I don't bother chopping them.

Why activate nuts and seeds? Apparently, "nuts contain phytic acid which when consumed binds to minerals such as iron, zinc, calcium, chromium, potassium, and magnesium so they cannot be readily absorbed. Activating nuts lessens these phytataes."
source: Family Food by Pete Evans

