



## Life Changing Bread

This recipe is everywhere on the internet, and this is my version which is quick to make and doesn't require the usual 2h standing period before making. It's also cheaper than many breads. Makes 18 slices. Per slice: Cal: 137; Fat: 8.6g; Pro: 3.6g; Carbs: 10.6g.

**Serves: 18, Prep time: -, Cook time: -**

## Instructions

Preheat oven to 175°C.

In a flexible, silicon loaf pan combine all dry ingredients, stirring well. Whisk 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. To ensure the dough is ready, it should retain its shape even when you pull the sides of the loaf pan away from it.

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 40-45 minutes. Bread is done when it

## Ingredients

- 1.5 cups Quinoa flakes
- 2 tablespoon Chia seeds
- 4 tablespoon Psyllium husk powder
- 1 teaspoon Fine grain sea salt
- 3 tablespoon Melted coconut oil
- 1 cups Seed, sunflower, kernel, dried
- 0.5 cups Flax seeds
- 0.5 cups Nut, hazelnut, raw
- 400 milliliters Hot water (13.5 oz (U.S.))

sounds hollow when tapped. Let cool completely before slicing (difficult, but important).

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

\*water: this could be 400-500ml depending on the seeds/nuts used

\*almonds could be used instead of hazelnuts