

Seeded Bread



INGREDIENTS

400g sunflower seeds

90g Linseeds - ground

150g gluten-free rolled oats

2 tablespoon chia seeds

24g psyllium husk Powder

1 teaspoon fine sea salt

1 tablespoon caraway seeds

1 tablespoon pure maple syrup (for sugar-free diets, substitute a pinch of stevia)

3 tablespoons coconut oil or ghee, melted

100g Kalamata olives

pitted and chopped

Method

- In a flexible silicone loaf pan (or a parchment-lined bread tin) combine the sunflower and hazelnuts oats, chia seeds, psyllium seed husks, sea salt, and caraway seeds seeds stirring well.
- Whisk the maple syrup, oil and 340mls water together in a measuring jug. Add this mixture plus the chopped olives to the dry ingredients and mix until everything is completely soaked and the dough becomes very thick. If the dough is too thick to stir, add 1 or 2 teaspoons of water until it is manageable) Smooth out the top with the back of a spoon. Let it out on the counter covered for at least 3 hours or overnight.
- Preheat the oven to 350F/180C/ gas mark 4
- Bake the loaf on the middle rack of the oven for 20 minutes. Remove the bread from the loaf pan. turn it upside down directly onto the oven rack and bake for another 30 to 40 minutes. The bread is done when it sounds hollow when tapped.
- Let the bread cool completely before slicing to slice it easily use a very sharp smooth knife instead of a serrated bread knife.
- Store the bread in a tightly sealed container in the refrigerator for up to 5 days (it freezes well too, so slice before freezing for quick and easy toast)

This recipe was taken from the 'My New Roots' recipe book by Sarah Britton.....

