

The Life-Changing Loaf of Bread

Makes 1 loaf

1 cup sunflower seeds

1/2 cup flax seeds

1/2 cup hazelnuts or almonds

1 1/2 cups rolled oats

2 Tbsp. chia seeds

4 Tbsp. psyllium seed husks (3 Tbsp. if using psyllium husk powder)

(Buckwheat flour makes a good substitute for psyllium)

1 tsp. fine grain sea salt

1 Tbsp. maple syrup (for sugar-free diets, use a pinch of stevia)

3 Tbsp. coconut oil or [ghee](#), melted

1 1/2 cups water

In a loaf pan, combine all dry ingredients. Whisk maple syrup, oil and water together in a separate bowl. Add mixture to the dry ingredients and combine until everything is completely soaked and dough becomes very thick, adding 1-2 teaspoons water if dough is too thick to stir. Smooth top and let sit at room temperature for at least 2 hours or overnight.

Preheat oven to 350°F.

Bake bread for 20 minutes, then remove bread from loaf pan, place it upside down, directly on a rack, and bake for another 30-40 minutes (it should sound hollow when tapped). Let cool completely before slicing.

Store in an airtight container for up to 5 days.