

Nourishing Loaf



This filling, nutrient dense loaf is one of my favorites. A small slice is all you need for a quick meal or snack. It's even better toasted!

Yield: 1 loaf

Ingredients	Quantity	Comments
Dry Ingredients		
Quick cooking rolled oats	1 ½ cups	or rolled quinoa
Seeds	1 cup	example: sunflower and/or pumpkin
Ground flax seed	½ cup	
Sliced or chopped nuts	½ cup	example: almonds or hazelnuts
Chia seeds	2 Tbsp.	
Psyllium seed husk	¼ cup	
Salt	1 tsp	
Wet Ingredients		
Maple syrup or honey	1 Tbsp.	
Melted fat	3 Tbsps.	coconut oil, butter or ghee (clarified butter)
Water	1 ½ cups	

Instructions

- Preheat oven to 350°C. Mix the dry ingredients in a large bowl. Mix the wet ingredients and pour into the dry ingredients. Combine. The batter will be very thick. Add a little more water if necessary.
- Scoop into a loaf pan and smooth the top. Let it sit for two or more hours in the refrigerator (the rest of the ingredients need to soak in the water).
- Bake for 20 minutes, remove loaf from the pan and put on a cookie sheet. Continue baking for 30—40 minutes.
- Completely cool the loaf before slicing. Freeze individual slices on a cookie sheet and store in a freezer bag.

Hint: The loaf will be easier to get out of a silicone pan. If you don't have one, use a paper liner or grease the pan.