Nut Loaf

Ingredients

1 cup raw sunflower seeds
1/4 cup ground flax seeds
1/2 cup almonds, coarsely chopped
1 1/2 cup gluten free rolled oats
2 tablespoons chia seeds
4 tablespoons psyllium seed husks
1 teaspoon fine grain sea salt
1 tablespoon maple syrup
3 tablespoons melted coconut oil
1 1/2 cups water

Place all dry ingredients in a large bowl and mix well. Whisk maple syrup, oil and water in a small bowl until combined. Add to dry ingredients. Mix to combine. Make sure the dry ingredients are well soaked.

Spoon mixture into a flexible, silicone loaf pan. Smooth out top with back of spoon. Let sit out on the counter for 2 hours or overnight.

Preheat oven to 350 degrees. Place loaf pan in middle rack and bake for 20 minutes. Remove from oven and take bread out of pan, making sure to loosen the bottom with a long spatula.

Place bread back in the oven, upside down, directly on the oven rack. Bake for another 30-40 minutes until the bread sounds hollow when tapped. Allow to cool completely before slicing.

Store in a tightly sealed container (refrigeration is best for longer life). Freezes well too. *My New Roots, The Life-Changing Loaf of Bread*