

# Seeded Bread



Pampered Chef  
Independent Consultant

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## Ingredients

- 1 cup raw sunflower seeds
- 1/2 cup flax seeds
- 1/2 cup hazelnuts or almonds
- 1 1/2 cups rolled oats
- 2 Tablespoons chia seeds
- 4 Tablespoons psyllium seed husks or 3 Tablespoons of ground psyllium seeds
- 1 can black olives
- 1/4 cup pitted dates

## Method

-Combine all dry ingredients, stirring well

-Blend olives, water and all, and dates

-Add blended mixture to dry ingredients and mix very well until everything is completely soaked and dough becomes very thick (if dough becomes too thick to store, all one or two tablespoons of water until dough is manageable).

Place in loaf pan and smooth out the top with the back of a spoon. Let sit out on the counter for at least two hours, or all day or overnight to ensure dough is ready. To check this, dough should retain its shape even when you pull the sides of the pan away from it, assuming you are using a flexible silicone loaf pan.

-Preheat oven to 350°. Place loaf pan in the middle rack and bake for 20 min. Remove bread from loaf pan, place upside down directly on the rack and bake for another 30-40 min. Bread is done when it sounds hollow when tapped. Let cool completely before slicing (difficult but important). Store in a tightly sealed SEEDED BREAD

container for up to 5 days. Freezes well – slice before freezing for quick and easy toast.



**Call: +1 605-574-1998**

