

# The Bread that will make you Smile

Adapted by Heidi Nordlund

*Preparation time: 2½ hours*

*Baking time: 60 minutes*

*Makes 1 loaf*

## *Ingredients*

- 1 cup sunflower seeds, ground
- ½ cup flax seeds, ground
- ½ cup hazelnuts or almonds, ground
- 1½ cups rolled oats
- 2 Tbsp chia seeds
- 3 Tbsp psyllium husk powder
- 1 tsp turmeric
- ½ tsp black pepper
- 1 tsp fine sea salt
- 1 Tbsp maple syrup or stevia
- 3 Tbsp sunflower oil or melted coconut oil or ghee
- 1½ cups warm water



## **Directions**

1. Preheat oven to 350°F.
2. In a bowl, combine all dry ingredients. Add maple syrup, oil and water 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. Mix well.
3. Shape loaf to desired shape on a baking tray. Smooth top and let sit at room temperature for at least 2 hours.
4. Bake bread for 20 minutes. Then remove bread from baking tray and place it upside down directly on a rack. Bake for another 40 minutes (it should sound hollow when tapped).
5. Let cool before slicing.
6. Store in an airtight container for up to 5 days.