

Nut and Seed Bread

I've shared this simple and satisfying gluten free bread recipe in a previous blog post. However, it absolutely deserves a place of honor on it's own. What I love so much about this recipe is how easily it can be modified, mixed together in a flash, and is so delish! All the nuts and seeds are interchangeable and the oats can be subbed out for Buckwheat flour, Quinoa or Millet Flakes.

Now that my retreat has come to a close I look forward to experimenting with the wide variety of gluten free and grain free flours available locally in Lavelanet. You'll want to follow me @laurenhubele on Instagram where I will share my results. With our flipped work schedule here in France due to the 7+/- hour time difference we have taken to eating a cold evening meal. A slice or two of this bread with a large salad perfectly fits our needs.

Recipe

To begin the bread making, you will need a kitchen scale set for metric measurement, a container marked for liquid metric measurement, a large bowl for mixing, and a 10" x 5" bread pan. Alternatively you can shape the dough into a round loaf by hand.

Dry Ingredients

Combine all in large bowl:

300g gluten free organic oats

270g mixed raw, unsalted sunflower seeds, pumpkin seeds, and sesame seeds (all organic)

180g ground organic flax

130g ground nuts (hazel, walnuts, or almonds)

4 Tbl chia seeds

8 Tbl psyllium husks

3 Tbl sea salt

Liquid Ingredients

Combine and then pour over dry mixture:

2 Tbl maple syrup or honey

6 Tbl melted coconut oil

700 ml filtered water

Instructions:

1. Blend with hands until all dry ingredients are moist.
2. Press all the dough into a 10 x 5 inch bread pan which it will fill completely, cover with a cloth, and let stand on counter for minimum of 6 hours or overnight.
3. Preheat oven to 375 degrees. Bake for 45 mins.
4. Very gently remove the loaf from the pan and place on preheated baking stone or cookie sheet. (Consider leaving loaf on it's side to prevent it from breaking.)
5. Continue to bake for another 45 mins.

This loaf must cool completely to slice! I find it helpful to turn off the oven, leaving the loaf inside to cool by itself. It can store in the fridge for up to one week or frozen into single slices. You won't want to miss the experience of toasting a few slices and topping it with ripe avocado and a slice or two of ripe tomatoes.

Enjoy!