

Gut Loving Loaf of Bread

Recipe by Anna Cash
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	1248 kj	5%
Energy (kcal)	301 kcal	6%
Fat	21g	9%
<i>of which saturates</i>	3.1g	9%
Carbohydrate	14g	3%
<i>of which sugars</i>	0.7g	9%
Fibre	9.5g	7%
Protein	9.2g	9%
Salt	0.02g	4%

Generated by Nutritics v5.61 on 20th April 2021

INGREDIENTS:

- 200g rolled oats
- 150g gold and/or brown linseeds
- 60g pumpkin seeds
- 60g sunflower seeds
- 100g plain cashew nuts
- 40g chia seeds
- 30g psyllium husk
- 60ml extra virgin olive oil
- 500ml water
- ½ teaspoon salt (optional)

METHOD:

1. Mix all the dry ingredients together in a bowl. Add the water and oil together, mix well then pour onto the dry ingredients and stir until well combined.
2. Pour the mixture into a 1lb lined loaf tin and let it soak for about 3 hours.
3. Heat the oven to 200 degrees C. Pop the loaf tin on a baking tray in the oven for 40 minutes. After 40 minutes, tip the loaf out onto the baking tray upside down and remove liner. Put back in the oven for 20 minutes to brown the underside.
4. Remove the loaf from the oven and cool on a wire rack. Once cool, slice into 14 slices and enjoy! It's best to keep the sliced loaf in the fridge for up to 3-4 days and it freezes well too for up to 6 months.

ALLERGENS



TREE NUTS



GLUTEN

MODIFY

Use gluten free oats or millet to make this loaf gluten free.

Omit the cashews and use more seeds if there is a nut allergy.

CREDIT

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Photo by: Anna Cash