

Gluten Free Psyllium Bread Recipe

- 1 cup sunflower seed kernels
- ½ cup flax seeds
- ½ cup almonds, hazelnuts &/or cashews
- 1 ½ cups rolled gluten free oats
- 2 tbsp chia seeds
- 4 tbsp psyllium seed husks (3 tbsp if using psyllium husk powder)
- 1 tsp fine grain sea salt
- ½ tsp caraway seeds (optional)
- 2 tbsp raisins (optional)
- 1tbsp maple syrup or coconut palm sugar
- 3tbsp melted coconut oil or ghee
- 1 ½ cups warm water

Combine all dry ingredients and mix well. Whisk wet ingredients & add to dry ingredients. Mix well until everything is soaked and dough becomes thick. If the dough is too thick, add a little more water. Pour into greased (with coconut oil) loaf pan, smooth top with the back of a spoon, and let sit on the counter (covered with a kitchen towel) for at least 2 hrs or overnight. Bake at 350 degrees on middle rack for 20 minutes. Remove bread from pan and place it upside down directly on the rack or on a pizza stone. Bake for another 30-40 minutes. Bread is done when it sounds hollow when tapped. Let it cool before slicing. This bread freezes well but be sure to slice before freezing. Enjoy!

