

Gluten-Free and Grain-Free Seed Bread



Ingredients

Seeds

Ingredient	Amount (SI)	Amount (imperial)
Sunflower Seeds	65 grams	6 tablespoons
Pumpkin Seeds ¹	70 grams	6 tablespoons
Chia Seeds	70 grams	4 tablespoons
Flax Seeds ²	35 grams	3 tablespoons
Hemp Seeds	25 grams	2 tablespoons
Almonds	15 grams	1 tablespoon

Flour and Powder

Ingredient	Amount (SI)	Amount (imperial)
Almond Meal	150 grams	1.5 cups
Coconut Flour	20 grams	2 tablespoons
Baking Soda	20 grams	1 tablespoon

Liquid

Ingredient	Amount (SI)	Amount (imperial)
3 Eggs		
Almond Milk	175 ml	0.75 cups
Olive Oil	75 ml	0.3 cups
Balsamic Vinegar	15 ml	1 tablespoon
Salt	3 grams	0.5 teaspoons

Preparation

1. Preheat the oven to 175 °C (350 °F)
2. Mix the seeds. Set aside a small amount if you want to top the bread with the seeds (optional).
3. Grind the seeds in a food processor.
4. Combine Seeds, flour, and baking soda in a bowl. Mix well.
5. Add the liquid ingredients to the bowl and combine with a mixer.
6. Allow the mixture to rest for a few minutes.
7. Pour the mixture into a bread pan or muffin tins.
8. Top the bread with seeds that you set aside.
9. Bake for 40-50 minutes (bread pan) or 20-30 minutes (muffin tins).
10. Remove from the oven, cool, and enjoy.
11. Hulled pumpkin seeds. Look for pepitas. ↩
12. Flax seeds store longer, but you need to grind them. ↩

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² Flax seeds store longer, but you need to grind them.

