



## Seeded Bread



**Baking time: 45 minutes**

1 ½ cups raw pumpkin seeds (blend 1 cup finely in a food processor)  
1 cup raw sunflower seeds  
1/2 cup flax seeds  
1/2 cup chia seeds  
1/2 cup hemp seeds  
1/2 cup psyllium husk  
1 teaspoon sea salt  
1 tablespoon maple syrup  
1 egg (optional)  
3 tbsps melted coconut oil or ghee  
1 ½ cups warm water

1. *Preheat oven to 175degrees*
2. *Line a loaf pan parchment paper*
3. *In a large mixed bowl combine the pumpkin seed flour with remaining pumpkin seeds, sunflower seeds, flax seeds, chia seeds, hemp seeds, psyllium husk, salt and maple syrup. Add the egg and mix*
4. *Add in warm water and melted coconut oil and stir until the batter is combined and thick*
5. *With your hands press and pack the batter into the loaf pan*
6. *Bake for 45 minutes*
7. *Take the loaf out of the oven and flip it onto a baking sheet so the top is down.*
8. *Remove the loaf pan and return it to the oven to bake another 15 minutes.*
9. *The bread will be done when you tap on it and it sounds hollow.*
10. *Cool completely and slice into 16 pieces*