

Easy gut friendly bread

Preparation time: 10 mins + 2 hours+, baking time 60 mins

Ingredients:

- 1 cup sunflower seeds
- ½ cup flax seeds
- 1 ½ cups oats (use gluten free if necessary)
- ½ cup walnuts /almonds / hazelnuts or other nuts
- 3 tbsp chia seeds
- 4 tbsp psyllium husks
- Large pinch sea salt
- 1 tbsp molasses / maple syrup / pinch stevia
- 2 tbsp melted coconut or olive oil
- 1 ½ cups water

Directions:

- Combine all dry ingredients together in a bowl
- Place wet ingredients in a small bowl, mix well and then add to dry ingredients. Mix until thoroughly combined, adding 1 – 2 tbsp water if mixture is too stiff
- Cover with a tea towel and leave to rest at room temperature for at least 2 hours or overnight. When ready, dough should hold it's shape when pulled away from edge of bowl
- Preheat oven to 175C and place dough in lined bread tin
- Bake for 20 minutes, then remove bread from tin, place on baking tray and bake for a further 30 – 40 minutes. Bread should be golden and sound hollow when tapped
- Let cool completely before slicing. Store sliced bread in freezer and remove slices as you need them

Replace oats with ½ cup desiccated coconut and 1 cup ground almonds for grain free. Please note that the psyllium husk, almonds and molasses are high in FODMAPs but small amounts of this bread may be tolerated on a Low FODMAP diet

This recipe is based on the 'life changing loaf of bread' from mynewroots.org and is a great source of soluble and insoluble fibre. Add herbs like rosemary or thyme for additional flavour if you like.