

A few notes:

Make sure to use the parchment paper and do let it cool for the full 2 hours before removing from the pan. Don't try to cut it with a bread knife – use a regular sharp knife. And it really does taste best toasted.

## **Gluten-free seed bread**

Makes 1 (8×4" or 9×5" loaf)

1 cup (5 ounces / 145 grams) sunflower seeds  
1 cup (3.5 ounces / 100 grams) pumpkin seeds or sliced almonds  
1/3 cup (2 ounces / 60 grams) buckwheat groats  
1/3 cup (2 ounces / 60 grams) amaranth seeds or millet seeds  
2-1/4 cups (6.75 ounces / 195 grams) quinoa flakes or organic oatmeal/rolled oats  
1/2 cup (3 ounces / 85 grams) flax seed  
1/3 cup (1 ounce / 30 grams) psyllium husk (Bulk Barn has this)  
1/4 cup (1.25 ounces / 35 grams) chia seed  
2 teaspoons fine sea salt  
2 tablespoons (1.25 ounces by weight / 40 grams) maple syrup (optional)  
1/4 cup (1.5 ounces by weight / 45 grams) coconut oil, melted (or olive oil)  
2-3/4 cups water

Position a rack in the center of the oven and preheat to 325°F.

Spread the sunflower seeds, almonds, buckwheat groats, and millet seed on a rimmed baking sheet. Toast in the oven until golden and fragrant, 8-12 minutes.

Meanwhile, in a large bowl, combine the oats, flax seed, psyllium husk, chia seed, and salt. When the sunflower seed mixture has toasted, add it to the bowl and stir to combine. Add the maple syrup, melted coconut oil, and water, and stir to combine well, using your hands if need be.

Line a loaf pan (8×4 or 9×5") on all sides with parchment paper. Scrape the dough into the pan and use damp fingers to smooth the top, creating a slight dome. Cover the dough and let sit at room temperature at least 2 hours and up to 24 hours.

When ready to bake, position a rack in the center of the oven and preheat to 400°F. Uncover the bread and bake until deeply bronzed, about 1 1/2 hours (but check it at 1 1/4 hours).

Remove the bread from the oven and let cool completely, at least 2 hours, then remove from the pan and discard the parchment.

The bread keeps well, refrigerated airtight, for up to a week or even two. Slice and toast for best results.