



# Nutty wholegrain bread



DIFFICULTY: EASY



PREPARATION TIME: 15MINS



COOKING TIME: 60MINS



SERVES: 1 LOAF, 30CM

## Ingredients

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3 tbsp raisins or currants  
135 g sunflower seeds  
90 g linseed  
65 g hazelnuts  
145 g oat flakes  
20 g chia seeds  
40 g flea seeds (Psyllium)  
1 tbsp maple syrup  
3 tbsp coconut oil or any other neutral vegetable oil  
350 ml water  
1 flat teaspoon salt

## Method

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Soak raisins or currants for one hour in water, drain gently.  
Cover loaf pan with baking paper. Mix all dry ingredients with the drained raisins and place in loaf pan.  
Mix maple syrup, oil, water and salt in a small bowl and pour over the dry ingredients. Allow swelling for at least three hours at room temperature. Use a spoon to squish the dough and add 2 tablespoons of water if you think it is too dry.  
Preheat oven at 175°C top/bottom heat and bake for 20 minutes at shelf position 2. Remove from the oven, gently lift the nutty wholegrain bread and place directly on the oven grid. Bake for another 40 minutes until golden.  
Cool down on the oven grid. Cut 2 cm thick slices with a sharp knife and toast in your toaster or hot oven.

## Notes

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