Seedy Oat Bread

3 cups of organic rolled oatmeal (not instant)
½ cup of chia seeds
½ psyllium husks
½ pumpkin seeds (pepitas)
½ raw sunflower seeds (kernels)
½ cup sesame seeds
1 Tablespoon flax
1 teaspoon of salt
1 teaspoon of baking powder
1 Tablespoon maple syrup
2 cups warm water

1. Combine all dry ingredients in a bowl and stir.
2. Stir in maple syrup and water.
3. Let stand for 5 minutes
4. Traditional method: preheat oven to 350.
    a. Line loaf pan with parchment paper.
    b. Add mixture and shape.
    c. Bake for 30 minutes.
    d. Then flip and bake for an additional thirty minutes
5. Happy Carrot Way (preferred method)
    a. Make one loaf or two by “halfing’ this recipe.
    b. When making the full recipe, divide “dough” in half.
    c. Place on two pieces of unbleached parchment paper.
    d. Form a loaf by shaping on the outside of the paper.
    e. Preheat Electric skillet to 200.
    f. Place loaves side by side.
    g. Cover and set temp to 300 for 30 minutes
    h. Flip and remove paper and cook an additional 30 minutes.