

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.