

Toasting Bread

This bread is loaded with fiber! Try it toasted and topped with avocado and sliced hard boiled egg, tuna or chicken salad for lunch, a smear of goat cheese with sliced summer tomatoes, or even some nut butter, sliced apples and cinnamon for a snack. You can mix and match the sunflower seeds, pepitas and nuts to include your favorites or what you have in the pantry just make sure to keep the total amount the same and don't mess with the flaxseed, psyllium husk and chia seeds – those are the glue that holds it all together.

Prep Time: 15 mins

Total Time: 3 hrs.

Makes: 12 servings

Ingredients:

2 cups gluten-free oats

$\frac{3}{4}$ cup roasted unsalted sunflower seeds

$\frac{3}{4}$ cup raw pepitas, toasted

1 cup pecan pieces, toasted

6 tablespoons whole flaxseed

6 tablespoons psyllium husks

$\frac{1}{4}$ cup chia seeds

2 teaspoons sea salt

2 cups water

2 tablespoons olive or avocado oil

2 tablespoons maple syrup

Directions

1. Heat oven to 350°F. Line a 9x5-inch loaf pan with parchment paper; set aside.
2. Place all ingredients in a large mixing bowl. Mix well to combine; allow to stand for 10 minutes.
3. Transfer mixture to prepared pan. Press to remove any pockets of air and smooth top.
4. Bake for 45-50 minutes until lightly browned at the edges and the bread pulls away from the edges of the pan.
5. Allow to stand in pan for 5 minutes before removing loaf to a wire rack to cool completely.
6. Store bread refrigerated for up to a week. For longer storage, slice and freeze slices for up to 2 months.

Tip: Toast nuts and seeds on a rimmed baking sheet in a 350°F oven for about 8 minutes or until lightly browned.