Three Seed Bread

An easy and tasty bread recipe that tastes like the real thing (and freezes beautifully, too!).

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PREP TIME	COOK TIME
10 mins	45 mins

MEAL TYPE	CUISINE	SERVINGS	DIETARY
Staple	Global	12 People	Gluten free, Vegetarian

INGREDIENTS

- 50 g coconut flour
- 110 g psyllium husks
- 50 g chia seeds
- 110 g pepita, (pumpkin seeds)
- 110 g sunflower seeds, plus 2 tsp extra to sprinkle
- 1 tbsp baking powder
- ½ tsp salt
- 4 eggs
- 350 ml water
- 75 g butter, unsalted, melted

INSTRUCTIONS

1. Preheat oven to 180°C/356°F or 160°C/320°F fan-forced.
2. Line a 10cm × 20cm loaf tin with baking paper, allowing the paper to overhang on the two long sides.
3. Combine flour, psyllium, chia, pepitas, sunflower seeds, baking powder and salt in a large bowl.
4. Whisk the eggs and water together in a jug.
5. Add to flour mixture and stir until well combined.
6. Stir through the melted butter.
7. Spoon mixture into the prepared tin, smooth surface with the back of a spoon, sprinkle with extra sunflower seeds.
8. Bake for 40–45 minutes or until golden and a skewer inserted into the centre comes out cleanly.
9. Set aside to cool for 5 minutes, then transfer to a wire rack and set aside to cool completely.

NOTES

Slice and store in a sealed container in the fridge for up to 1 week.

Try topping with some of our faves below:

1. Cream cheese and cucumber
2. Defeat Diabetes Mayonnaise, ham, and sliced tomato
3. Vegemite and avocado (weird, but it works!)

NUTRITION (PER SERVE)

Net Carbs: 3.9g | Protein: 8.4g | Fat: 16.9g | Fiber: 12.5g

KEYWORD

Bread, Seeds, Vegetarian

Recipe by Defeat Diabetes