



Psyllium husk loaf

Too easy to make, soft on the inside and crusty on the outside. Jam packed with seeds, low carb and high fibre. Makes 10 slices. Per slice: Cals: 143; Fat: 12g; Pro: 6g; Carbs: 1g

Serves: 10, Prep time: 00:15, Cook time: 01:00

Instructions

Preheat oven to 170 degrees and grease or line a loaf tin.

In a large mixing bowl, stir together psyllium, chia seeds, slivered almonds, pumpkin seeds, sunflower seeds, LSA, baking soda and salt.

Melt the coconut oil, add the apple cider vinegar and stir this in the seeded mixture. In a separate bowl, whisk the eggs and almond milk together, then mix into the seeded mixture, taking care not to overmix. Leave for around 5 minutes for the psyllium to absorb the liquid. Transfer to loaf tin and bake for around 60 minutes, checking at this point to see if the loaf is cooked through. Take out and leave to cool before slicing into 10 pieces.

Ingredients

- 0.5 cups Psyllium husk
- 0.25 cups Pumpkin seeds
- 0.25 cups Sunflower seeds
- 0.25 cups Chia seeds
- 2 tablespoon Slivered almonds
- 2 tablespoon Ground LSA powder
- 0.25 teaspoon Baking soda
- 0.5 teaspoon Salt, Himalayan
- 1 teaspoon Raw apple cider vinegar
- 0.25 cups Almond milk, unsweetened
- 5 Eggs
- 3.5 tablespoon Coconut oil