



Seedy psyllium loaf

So easy to make and a robust bread - nice GF substitute and won't break the bank. Serves 12. Per serve: Cal: 111; Fat: 9.7g; Pro: 4.5g; Carbs: 1.0g

Serves: 12, Prep time: 00:15, Cook time: 00:45

Instructions

Preheat oven to 170 degrees celcius and line a baking tray with baking paper (or grease with coconut oil). Boil kettle.

Put almond meal, psyllium, baking powder and salt in a bowl. Crack egg into separate bowl and whisk, then add to bowl and add boiling water slowly, mixing well with a hand whisk or fork to combine.

Roughly chop almonds and add them and seeds to dough, mixing until well combined. The dough will be quite spongy.

Shape into a loaf with hands and pop in oven for ~40 minutes until golden brown and sounds hollow when you tap on it - that's when it's done.

Wait until cool until slicing.

Ingredients

- 1.25 cups Almond meal
- 5 tablespoon Psyllium husk
- 2 teaspoon Baking powder
- 1 teaspoon Salt, Himalayan
- 2 teaspoon Raw apple cider vinegar
- 1.25 cups Boiling water
- 1 Eggs
- 0.25 cups Sunflower seeds
- 0.25 cups Raw almonds
- 0.25 cups Pumpkin seeds