



NATURE'S POWER BREAD

- POWER FOOD: GINGER -



INGREDIENTS



SERVES 16



DIRECTIONS



Dry:

1½ cups nuts & seeds of choice (soaked overnight) (almonds, hazelnuts, pecans, sunflower, poppy seed, hemp seeds)

1 cup rolled *oats & ½ cup quinoa flakes (or just 1½ cups rolled *oats, OR for a grain free option you can also use 1½ almond flour)

½ cup flax seeds, sprouted

3 Tbsp. chia seeds, sprouted

3 Tbsp. **psyllium husk powder (or 4 Tbsp. psyllium seed husks)

2 tsp. sea salt

Wet:

1½ cups+ water, filtered

3 Tbsp. extra virgin coconut oil (EVCO), melted

6 drops stevia (or 1 Tbsp. maple syrup, pure (grade B))

1 tsp. garlic, minced

Variations:

Rosemary Olive: Add ½ cup sliced olives & 2 Tbsp. rosemary and reduce sea salt by 1 tsp.

Cranberry Burst: Add 1 cup cranberries & 2 Tbsp. lemon zest and reduce sea salt by 1 tsp.

Apricot Pecan: Add 1 cup minced dried apricots, 2 Tbsp. lemon zest and include at least 1 cup of pecans in the nuts chosen and reduce sea salt by 1 tsp.

SERVING SIZE: 1 SLICE

1. Line a 9" loaf pan with parchment paper vertically then add another sheet horizontally to allow easy removal or use a flexible silicon loaf pan.

2. Combine dry ingredients: nuts, seeds, oats, flax seeds, chia seeds, psyllium and salt in a large bowl.

3. Whisk wet ingredients: water, EVCO and stevia in a small bowl. Add to dry ingredients and mix until a dough forms that is manageable, similar to thick bread dough. Add more water if needed to make sure that dough is not crumbly and variations of choice, if using. Transfer to the parchment lined loaf pan and, using a spatula or back of a spoon, smooth out the top evenly. Cover lightly with a tea cloth and let sit out on the counter for 2 hours or overnight. Dough is ready when it retains its shape when pulling the sides away from the loaf pan.

4. Now you're ready to bake! Preheat oven to 350°F. Bake for 20 minutes, remove from oven, remove from loaf pan, place it directly on the rack, and bake for another 30-40 minutes or until it sounds hollow when tapped. Let cool completely on a wire rack before slicing, or it will break apart.

5. Now you're ready to eat, yum! Add your favourite fixings... guac & sprouts, pesto & tomatoes, figs & maple syrup or just as is! Bread will store in a tightly sealed container for up to 1 week or up to 2 weeks in refrigerator or 4 weeks in freezer. You can pre-slice and freeze then pop in the toaster for quick and easy toast! Leftovers (if there are any) can be diced and then baked at 350°F for 10-15 minutes for lovely croutons!

***Health Buzz:** Oats: Oats are technically gluten free however if you are Celiac look for certified gluten free to be safe.

****Health Buzz:** Psyllium: How does bread stay together without gluten and eggs? In this recipe, the secret is psyllium. Psyllium is one of nature's most absorbent fibers (along with chia seeds), soaking up to ten times its weight in water. You can find psyllium at your health food store. It comes in a natural seed state or as a powder and either works in the recipe above. Note: when adding more fiber to your diet, be sure and drink lots of water so it moves along!

Variation: You can also roll out the dough in thin layers between two sheets of parchment paper, instead of transferring to a loaf pan, to make crackers. Let sit on counter for 1 hour before cutting with pizza cutter into desired shapes or for a more organic cracker just bake in sheets for 10 minutes, flip, and continue baking for an additional 10 minutes or until crisp.

Nutritional Facts:

Calories 116.9 | Total Fat 9.0 g | Saturated Fat 2.9 g | Monounsaturated Fat 3.7 g | Polyunsaturated Fat 1.4 g | Cholesterol 0 mg | Sodium 177 mg | Potassium 183.8 mg | Total Carbohydrate 4.6 g | Natural Sugar 0.5 g | Dietary Fiber 3.7 g | Protein 3.3 g | *Vitamin E 15.5% | *Copper 6.6% | *Magnesium 8.2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

This recipe is for all of you "Health Nuts" out there (me included!). It takes more time than our 30 minute guideline of recipes, but it's really simple and really worth it on the yum meter! This is also for anyone who wants to reduce your grain carbs and have nixed (or tried to nix) commercial bread, which can have ingredients that contain GMOs, contributing to that belly bloat! This bread will give you lots of fuel to power your busy days with the protein rich sunflower seeds and her nut and seed partners (girl power)! P.S. Soaking the nuts and seeds helps turbo charge their nutrients and enzymes by reducing anti-nutrients, like phytic acid, that protect the nut/seed from sprouting in nature before the conditions are optimal. I make this on the weekend and then freeze to go. Perfect for between patients when I get hungry!