InnerMederi
where healing begins within

Seeds & Nuts Loaf

Vegan, sugar, and gluten-free

Several years ago, when I visited Israel, I made this loaf as part of my effort to show them all that good and yummy food is not all about pastry, crust, and fluffy, sugary dough.
My aunt couldn't stop eating it straight from the pan, cutting off a piece after a piece in her excuse and mission of "I just need to make it even and straight again".
She recently asked for the recipe, so here it is.

- 1 ½ cups of old-fashioned oats
- ½ cup flaxseed (ground or cracked)
- ½ cup raw nuts (I love pecans but any nut you would like)
- 1 cup sunflower seeds (raw)
- 4 tbsp. psyllium husk
- 2 tbsp. chia seeds
- 1 tsp. salt

- 1 ½ cup water
- 3 tbsp. olive or coconut oil
- 1 tbsp. good quality honey (optional)

1. Prepare a loaf pan with parchment paper.
2. In a mixing bowl, mix all dry ingredients first and then add the wet ingredients.
3. Once mixed well, place in the loaf pan.
4. Rest in the fridge for a minimum of two hours or even overnight (do not skip this step!).
5. Warm up the oven to 300 degrees.
6. Bake for 20 minutes.
7. Meanwhile prepare a baking sheet with parchment paper.
8. Take the loaf out, flip it and place it (now upside down) on the baking sheet.
9. Place back in the oven and bake for another 40 minutes.
10. Take out. Let it rest first even if it is irresistible.
11. Put back in the loaf pan once fully baked.
12. It is now ready to go.

- Best served with butter and honey, with some cheese and the spicy and lemony spread, or next to your favorite soup.
- It keeps well in a Ziplock bag for 3-4 days.
- Warm up for 15 seconds in the microwave if desired.

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