



BUCKWHEAT BREAD

DRY INGREDIENTS

150g Buckwheat
120g Sunflower seeds
60g pumpkin seeds
60g Quinoa or Millet
90g Flaxseed
100g Hazelnut, Almond or coconut flour
2 Tablespoons Chia seeds
4 Tablespoons Psyllium
1 Teaspoon salt

WET INGREDIENTS

1 Tablespoon Maple
4 Tablespoons Coconut oil
400ml Water

INSTRUCTIONS

- 1) Preheat oven to 175C
- 2) Place all dry ingredients together and mix through
- 3) Slowly melt coconut oil and then add wet ingredients into the dry ingredients
- 4) Place into a bread form or oven proof baking dish
- 5) Cook for 20mins on 175C
- 6) Take bread out of the form and place back into the oven for 40mins.