

CHIA & NUT BREAD



This is a heavy, crunchy, nutty bread that fills you up to the brim. I have a slice with an egg, grilled tomato and mushrooms for breakfast, and it holds me until lunch without a single hunger pang. It is full of good fats and fiber. Pumpkin seeds are a good source of vitamin E and minerals including zinc, magnesium and iron.

Studies have shown that people who eat up to 800 calories from nuts extra per day, do not put weight any more than people eating 800 calories less. We usually have a loaf of this on offer. It so easy and so tasty.

There is no need to knead this, so it is really fast to make and you don't even have to get your hands dirty. After you have made this a few times, you won't even need a recipe. I have tried many different gluten free flours and this one wins hands down for flavor and texture.

Ingredients |

- 1 Cups Manini's Multi-Grain Flour
- 1 Cup Nuts and seeds – Chia, Sunflower, Pumpkin, Sesame (substitute 1/4 cup nuts for oats if desired)
- 7/8 Cups Warm Water
- 2 tsp Active Dry Yeast
- 3 Tbsps. Olive oil
- 1 Tbsps. Red Wine Vinegar
- 2 Large eggs
- Freshly Ground Salt and Black Pepper

Directions |

Add yeast to warm water in a bowl and let sit for 30 mins until activated.

Mix eggs, oil, vinegar and seasoning together.

Put flour into a bowl or a mixer and add in the yeast mixture and alternate with the egg/oil mixture. If you don't have a mixer, use a wooden spoon and elbow grease.

Spray a loaf tin with oil and pour in mixture. It is quite wet.

Let rise in a warm location for one hour.

Bake at 350F until brown, about 35- 45 minutes. For a less top, put foil over the top

By Monica