



Your Health - It's in Your Hands

Ancient Grain, Seed, and Nut Loaf – Adapted from *The Greenhouse Cookbook*

Ingredients for One Loaf

- ½ cup raw sunflower seeds
- ¾ cup raw pumpkin seeds
- 1 cup raw slivered almonds and/or walnuts
- 1/8 cup buckwheat groats
- 1/8 cup millet seeds
- 1/3 cup amaranth seeds
- 1 ½ cups gluten-free rolled oats
- ¾ cups gluten-free steel-cut oats
- 1/3 cup whole flax seeds
- 1/3 cup psyllium seed husks
- 1/3 cup chia seeds
- 2 tsp sea salt
- 2 Tbsp pure maple syrup
- ¼ cup virgin olive oil
- 2 ¾ cups filtered water

Directions

1. Preheat your oven to 325 F. Optional: Line a baking sheet with parchment paper.
2. Combine and evenly spread the first six ingredients (seeds, almonds/walnuts and buckwheat groats) on the baking sheet. Toast for 10 to 12 minutes, or until golden.
3. In a large bowl, combine the rolled oats, steel-cut oats, flax seeds, psyllium seed husks, chia seeds, and salt.
4. When the toasting seed mixture is golden, remove from oven and add to the bowl of dry ingredients; stir until combined. Add water, olive oil, and maple syrup and mix well. The mixture should feel quite soggy; the seeds will absorb more water as they rest.
5. Line the bottom and sides of a 8- x 4-inch or 9- x 5-inch loaf pan with parchment paper. Pour the dough into the pan and shape the top into a smooth dome with wet fingers. Cover the dough with a clean tea towel and let sit at room temperature overnight or for up to 24 hours. When you're ready to bake, preheat oven to 400 F.
6. Uncover the dough and place the loaf pan on a rack in the centre of the oven. Bake for an hour and 15 minutes, or until the crust is dark brown and sounds hollow when you knock on it. (It may take 15 minutes less or more, on the size of the bread form used and your oven.) Remove loaf from the oven and let cool completely, at least 2 hours.
7. Store in a sealed container in the fridge for 1-2 weeks.

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