



3 Seed bread

105Kcal per slice

15 slices

Ingredients

35g Chia seeds

75g Sunflower seeds

75g Pumpkin seeds

25g Coconut flour

75g Flaxseed

1 tsp Baking powder

1/4 tsp salt optional

50g butter melted

2 eggs - medium

250 ml water warm

Instructions

Place all the dry ingredients in a large mixing bowl and stir. Add the melted butter and eggs. Stir until almost mixed. Add the warm water and stir until all the ingredients are full incorporated. Place in a loaf tin and bake at 180C for 35-45 minutes. Ensure it is golden on the outside and cooked in the centre. Cooking times may vary with each oven.