

## **Banting seed loaf**

*This seed loaf recipe is delicious and super simple to make. It is easy to slice and it also freezes really well. I freeze mine as individual 2 slice packs for morning toast or lunch time sarmies.*

### **Ingredients:**

- 75 grams golden flax seeds
- 50 grams sunflower seeds
- 25 grams sesame seeds
- 200 grams almond flour
- 150 ml physillium husk (**NB:** not grams)
- 150 grams Greek yoghurt or sour cream
- 6 eggs
- 50 ml cream or melted butter
- 10 ml baking powder
- 5 ml salt
- 2.5 ml Herbamare salt
- 1 tsp of xylitol
- 1 tsp Xantham gum



Note: For a little something extra you can add cinnamon, cardammon, caraway, pumpkin seeds, chopped nuts or cranberries - anything you fancy.

### **Instructions:**

1. Put all the seeds together in a blender or coffee grinder and mill till finely ground.
2. Mix the dry ingredients together.
3. Mix wet ingredients together and then combine with dry ingredients. A bowl and wooden spoon works just fine.
4. Pour mixture into a greased and lined loaf tin.
5. Sprinkle the top with poppy and sesame seeds if you want.
6. 160 degree (Celsius) oven for 45 minutes. Until knife comes out clean.

