



ALISON'S PANTRY
SUPER FOODS NUT BREAD

This 'bread' contains no flour of any type so it is suitable for people with gluten intolerance, as well as being 'low carb' and Paleo friendly. It's wonderfully savoury and looks like a pretty mosaic when sliced. It is good toasted or untoasted.

INGREDIENTS:

- 1 cup Alison's Pantry Deluxe Raw Mixed Nuts
- ½ cup Alison's Pantry Natural Almonds
- ½ cup Alison's Pantry Hazelnuts
- ½ cup Alison's Pantry Walnuts
- 1 cup Alison's Pantry Sunflower Seeds
- 1 cup Alison's Pantry Chia Seeds
- 1 cup Alison's Pantry Linseeds
- 1 cup Alison's Pantry Pumpkin Seeds
- 5 eggs
- 1½ tsp salt
- ½ cup olive oil

METHOD:

1. Preheat the oven to 160°C
2. Grease a loaf pan approx 22cm x 12cm and line with a strip of non stick baking paper, placing it across the middle of the pan with a little hanging over each side. This makes it very easy to remove the loaf from the pan using the paper 'handles' to lift it out. Or use 8 mini loaf tins.
3. In a large bowl lightly beat the eggs, salt and oil then add the nuts and seeds. Chia seeds are inclined to cling to everything so use a rubber scraper to keep them in the bowl. When the mixture is combined, turn it into the prepared tin or tins, smooth over the top and press the mixture firmly to compact it eliminating air pockets.
4. Bake a large loaf for 1 hour and mini ones for ½ an hour. The loaf should sound hollow when knocked on the bottom. Cool before slicing with a serrated knife.