

## **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:**

- 100 ml flax seeds
- 100 ml sunflower seeds
- 250 ml almond flour
- 150 ml physillium husk
- 250 grm buttermilk/Greek yoghurt/sour cream
- 6 eggs
- 10ml baking powder
- 5ml salt
- Pinch of stevia or a tsp of xylitol



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. 180 oven for 50min

