



Dante's
FINE FOODS

61-63 Duke Street,
Cambridge 3434

Ph: 07 827 3354

W: www.dantesfinefoods.co.nz

E: vicki@dantesfinefoods.co.nz



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THE LIFE CHANGING LOAF OF BREAD

Ingredients:

- 1 Cup **Cere's Organics Pumpkin Seeds**
- ½ Cup **Cere's Organics Flax Seeds**
- ½ Cup **Uncle Joe's Hazelnuts**
- 1 ½ Cups Rolled Oats
- 2 Tbs **Cere's Organics Chia Seeds**
- 4Tbs **Cere's Organics Psyllium Husks**
- 1tsp **Himalayan Natural Pink Salt**
- 1Tbs **Spiral Foods Organic Maple Syrup**
- 3Tbs Melted **Spiral Foods Organic Coconut Oil**
- 1 ½ Cups Water

Method:

In a silicone loaf pan combine all dry ingredients stirring well.

Whisk Maple Syrup, Coconut Oil, water and salt together.

Add to dry ingredients and mix very well until everything is completely soaked and dough becomes very thick.

Smooth out the top with back of spoon. Allow to sit for 2 hours, all day, or overnight. To ensure dough is ready it should retain its shape when you pull the sides of the loaf pan away from it.

Preheat oven to 175C.

Place loaf pan on the middle rack and bake for 20 minutes.

Remove bread from loaf pan place upside down directly on rack and bake for another 30-40 minutes. Bread is done when it sounds hollow when tapped. Allow loaf to cool completely before slicing.

Store bread in a tightly sealed container for up to 5 days.

Freezes well – slice before freezing. Can be toasted, nice with hummus.

DID YOU KNOW??

This bread is packed with nutrients and super foods, reflecting just a small selection of all the different nuts, seeds, ancient grains, herbs and raw ingredients we stock.

Just remember when you are eating a lot of roughage you need to take in plenty of fluids! Especially when consuming psyllium husks. Psyllium husks provide a convenient means of getting more dietary fibre into your diet and they help maintain a healthy digestive tract. Psyllium husks also act as an effective colon cleanser- giving rise to its reputation as "nature's internal broom." However they absorb water, so it is very important to drink plenty of water when taking this herb. Great added to juice, water, smoothies, breakfast cereals, in baking or as a thickener for ice cream and frozen desserts.