



## High Fiber Seed Loaf

10 servings

3 hours

### Ingredients

1/2 cup Sunflower Seeds  
1/2 cup Whole Flax Seeds  
1/2 cup Pumpkin Seeds  
1/4 cup Chia Seeds  
2 cups Oats (rolled)  
1/4 cup Ground Flax Seed  
1/2 tsp Sea Salt  
3 tbsps Avocado Oil  
1 1/2 cups Water

### Nutrition

Amount per serving	
Calories	247
Fat	17g
Saturated	2g
Carbs	19g
Fiber	7g
Sugar	0g
Protein	8g
Cholesterol	0mg
Sodium	123mg

### Directions

- 1 In a large bowl, combine sunflower seeds, whole flax seeds, pumpkin seeds, chia seeds, oats, ground flax seeds and salt. Mix well.
- 2 In a separate bowl, whisk together the avocado oil and water. Add the wet ingredients to the dry ingredients and mix very well until everything is combined.
- 3 Line a loaf pan with parchment paper, allowing the ends of the parchment to come higher than the sides of the pan. Pour in the mixture. Let it stand for two hours (or overnight) to thicken further.
- 4 Preheat the oven to 350°F (177°C). Place the loaf pan in the oven and bake for 20 minutes. Then remove the loaf from the pan by pulling up the sides of the parchment. Remove the parchment and place the loaf upside down directly on the oven rack and bake for another 30 minutes.
- 5 Remove from the oven and let it cool completely before slicing. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. Freeze for up to three months.

**Serving Size:** One serving is equal to one slice of bread.

**Additional Toppings:** Serve with nut or seed butter, hummus, avocado, or chia jam.

**Psyllium Powder:** If you are using psyllium powder instead of the whole husks, cut the amount used in half.