



## Sesame psyllium bread

Modified from Pete Evan's charcoal bread, this is delicious and so quick to make! No ridiculously expensive ingredients either. Win win. Makes 12 slices. Per slice: Cal: 123; Fat: 8.4g; Pro: 4.8g; Carbs: 2.3g

**Serves: 12, Prep time: 00:15, Cook time: 01:30**

## Instructions

Preheat oven to 180 degrees Celcius and line a loaf tin with baking paper or use a silicon loaf tin.

Place psyllium husk, coconut flour, sunflower seeds, sesame seeds in bowl. Add the chia seeds, stevia and salt and mix to combine.

In another bowl, combine the vinegar, eggs, and water and whisk until smooth.

Melt the coconut oil and add this, along with the wet ingredients to the dry ingredients, and mix well to form a wet dough.

Knead the dough on a lightly floured (use coconut flour) board for a minute and place in the prepared tin and pat down. Bake for 90 minutes, rotating half way through to cook the loaf evenly. It will be

## Ingredients

- 70 grams Psyllium husk (2.5 oz)
- 70 grams Coconut flour (2.5 oz)
- 0.5 cups Sunflower seeds
- 0.5 cups Sesame seeds
- 2 tablespoon Chia seeds
- 1 tablespoon Equal Natural Sweetener (Stevia)
- 3 teaspoon Baking powder
- 1.5 teaspoon Salt, Himalayan
- 3 Eggs
- 450 milliliters Water (15 oz (U.S.))
- 1 tablespoon Raw apple cider vinegar
- 2 tablespoon Coconut oil

cooked through when you take out the loaf and tap the base and it sounds hollow. If it's dense, it needs additional cooking. 

Allow to cool in the tin before removing to a wire rack to cool completely, and slice into 12 slices. Store in fridge for up to 5 days, or in the freezer.