

OMEGA 3 SUPER-SEEDED LOAF

Basic recipe

1 ½ cups ground almonds

½ cup of Super Omega Seed Blend (from Buy Whole Foods Online) – or any mix of seeds, or just ground flaxseeds

¼ cup of softened butter (or coconut oil, goose fat, duck fat, or yogurt, crème fraiche)

3 eggs

Instead of ground almonds (which you can purchase in supermarkets and health food shops), you can use walnuts, pecans, hazelnut, peanuts, brazil or pine nuts, sunflower seeds and pumpkin seeds, or a mixture of all of the above, which you can grind very well in your food processor to a flour consistency.

Preparation – 10 minutes

Mix all ingredients well. You can add more or less almonds to achieve a porridge-like consistency.

Grease a small loaf tin with butter or ghee. Line it with greased baking paper and put the mixture into it.

Bake in the oven at at 150°C (300°F) for about an hour.

Check occasionally with a clean dry knife. If the knife comes out dry, then the bread is ready.

Cool and slice as you would a loaf of bread.

Use as you would bread. Spread with butter, mayonnaise, nut butter, hummous. Keeps for a few days.

