



sharon glass

BANTING SEED BREAD

100ml flax seeds
100ml sunflower seeds
200ml almond flour
30ml psyllium husk
250g buttermilk or Greek yoghurt
6 eggs
10ml baking powder
5ml salt
pinch of xylitol

Preheat oven to 180°C. Line and grease a loaf tin.

Put all the seeds together in a blender or Nutribullet and mill until finely chopped.

Mix the dry ingredients together. Mix the wet ingredients together and then combine with dry ingredients.

Pour mixture into prepared loaf tin. Sprinkle the top with poppy and sesame seeds

Bake for 50 minutes

CHEF'S TIP: You can tailor the recipe to suit your preferences i.e. you can add cinnamon, caraway seeds or even chopped nuts.

Serves 4-6