



The BE Well Way – Seed Bread recipe - 2 loaves – Kit Campbell

200 grams of almond flour
150 grams of hemp flour/ or almond flour
200 grams sesame seeds
200 grams flax seeds
150 grams pumpkin seeds (grind up)
150 grams sunflower seeds (grind up)
4 tablespoons chia seeds
2 level teaspoon bicarbonate of soda
1 full teaspoon Himalayan salt
10 organic free range eggs
200ml water

Halve this for one loaf

Mix all the dry ingredients together
Mix the eggs and water together with a fork
Add the wet ingredients into the dry ingredients and mix well. Separate into two baking tins.

Oven at just under 200 degrees.
50 to 55 minutes.

Let cool to just slightly warm, then wrap with tea towel or cotton ham bag and place in plastic bag, to keep moist :)
Enjoy! Yum!!! :)

Kit x