

# Gluten-free Sassy Seed Bread

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 1 and 1/2 cups oat flour\*
- 1/4 cup coconut flour
- 1/4 cup tapioca flour\*\*
- 1/2 tsp baking soda
- 1 tsp baking powder
- 1 tsp fine sea salt
- 3 medium eggs\*\*\*
- 2/3 cup unsweetened applesauce
- 1 tbsp apple cider vinegar
- 2 tbsp maple syrup
- 1/4 cup oat milk or non-dairy milk
- 2 tbsp extra-virgin olive oil
- 1/4 cup each pumpkin seeds and sunflower seeds
- 2 tbsp sesame seeds

## Instructions:

1. Preheat oven to 350F (180C) and line a standard size loaf pan with parchment paper.
2. In a large mixing bowl, combine oat flour, tapioca flour and coconut flour, baking soda and baking powder and sea salt. Mix together with a wire whisk.
3. In a small bowl, whisk eggs and combine with applesauce, apple cider vinegar, maple syrup, non-dairy milk and extra-virgin olive oil.
4. Pour wet ingredients into dry ingredients and mix. Add seeds and fold into batter. Let batter settle for a few minutes so coconut flour absorbs all the liquid.
5. Pour the mixture into a parchment paper-lined standard size loaf pan. Sprinkle top with additional seeds if you like. Bake for 45-50 minutes until a fork inserted comes out clean.
6. Let cool completely before slicing. Refrigerate for up to 5 days or freeze for up to 3 months. Slice before freezing.

## Notes:

\*You can make your own oat flour by blitzing oats preferably in a high wattage blender to a fine flour texture. If the flour is not fine, your bread will yield a different texture and it may not work. \*\*If you don't have tapioca flour, arrowroot flour will work too. \*\*\*Replace with 3 flax eggs. 1 egg = 1 tbsp ground flax + 2-3 tbsp water X 3