

Seed Bread

By Penny Howard

When you are eating low carb, Keto, or Paleo, bread can become a distant memory. At least it did for us. We didn't try any of the bread substitutes I found in my recipe search. I used to make bread regularly. I kneaded it and let it rise on the counter. The smell of bread baking filled the house. But then we changed our eating style, and bread was largely forgotten

Several months ago, a friend shared a Paleo bread recipe from Elenaspantry.com. Dennis had been missing sandwiches, so I decided to try it. It was simple enough and was sturdy enough to make a sandwich. Bread! I made it bread a couple of times a week. Because it uses almond flour, it doesn't rise like wheat bread. If you cut it to make large slices, it only makes about eight slices. So we decided to cut it a different way and make thin short slices that I call "tea sandwiches." Now each loaf goes much further.

I made some changes to the recipe as I experimented with the recipe. First, I added raw sunflower seeds. It adds some good texture to the bread. I also added about a teaspoon of honey. That added just enough sweetness to enhance the flavor. My sister-in-law mentioned that they missed seed bread. We talk, and I decided to add a variety of seeds to add more texture, flavor, and interest.



Success! My sister-in-law reported that they loved the seed bread. We did too. And my sister-in-law said she just stirred the batter like she was making cornbread. She didn't use a mixer. So, now it is even easier, too!

My recipe still doesn't make a large loaf of bread. It doesn't rise much, so it is a dense bread. You can experiment with different seeds/nuts to your liking. Enjoy! And let me know how you like it and any other ideas you have for improving it.

Seed Bread

2 cups Almond flour

2 T coconut flour

1 t pink Himalayan salt

1 t baking soda

¼ cup golden flax meal (I buy flax seeds and blend them in a cup with my stick blender)

½ cup mixed seeds (raw sunflower seeds, raw pumpkin seeds, sesame seeds, flax seeds, sliced almonds, or other seeds of choice)

1 t honey

1 ½ T apple cider vinegar

5 eggs

2 T water (or enough to make the batter a little looser)

Put all dry ingredients in a bowl and stir to mix. Add vinegar and eggs. Add the water to make the batter easier to stir and pour into the pan.

Pour batter into greased loaf pan and bake in a 350-degree oven for 30 minutes. Let cool in the pan for 2 hours. Turn out of the pan. I find I need to go around the edges of the loaf with a spatula to loosen it. Slice thin slices and make a short sandwich. I also like it toasted with some grass-fed butter.

My sister-in-law has asked a friend to help her create an herb bread centered around this recipe. Can't wait to try that one.

Nutrition Facts

Servings: 12

Amount per serving

Calories **190**

% Daily Value*

Total Fat 14.9g **19%**

Saturated Fat 1.9g **9%**

Cholesterol 68mg **23%**

Sodium 381mg **17%**

Total Carbohydrate 8.7g **3%**

Dietary Fiber 3.9g **14%**

Total Sugars 2.5g

Protein 8.3g

Vitamin D 6mcg 32%

Calcium 69mg 5%

Iron 2mg 11%

Potassium 65mg 1%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.