



COCONUT, ROSEMARY & OAT BREAD



MINUTES TO PREPARE
10



TIME TO COOK
1 hour resting &
1 hour cooking



MAKES
1 medium loaf

INGREDIENTS

300g oats
2 handfuls mixed nuts (walnuts, hazelnut, almonds)
50g pumpkin seeds
3 tablespoons psyllium husk
(buy online or at a health food shop)
4 tablespoons desiccated coconut
1 tablespoon rosemary, chopped
1 teaspoon coriander seeds
1 tsp Maldon sea salt
Good grind of black pepper
275ml cold water
1 teaspoon milk for brushing

You will need a measuring jug, food processor or blender, medium loaf tin, baking paper, pastry brush and a cooling rack.

LET'S GET COOKING

- 1 Blitz the oats, nuts, seeds, psyllium husk, coconut, coriander seeds, chopped rosemary, salt and pepper and place in a food processor for 10 seconds, or until it is a coarse crumb.
- 2 Pour in to a large mixing bowl and add the water.
- 3 Stir well until combined. Line a loaf tin with baking paper. Pour in the oat mix. Press down hard with the back of a fork so that it compresses and goes into all the corner. This will give you a firm solid loaf.
- 4 Leave for 1 hour to let the psyllium husk and oats absorb the water.
- 5 Preheat the oven to 180/375/gas 4.
- 6 Using the pastry brush, glaze the bread with a light coating of milk.
- 7 Bake for 1 hour or until the crust is golden brown.
- 8 Leave to cool on a cooling rack for 5 minutes before slicing. Enjoy as bread or toasted!

"These loaves are so versatile – enjoy them with eggs and melted butter for breakfast, cheese, vegetable slaw or smoked salmon pate for lunch, or as a snack with humous or babaganoush in the afternoon"