



DIZZLESKY GLUTEN-FREE LOAF



TIME TO PREPARE
20 minutes +
1 hour resting

INGREDIENTS

300g gluten-free oats
2 handfuls mixed nuts (walnuts, hazelnut, almonds)
50g pumpkin seeds
50g sunflower seeds
1/4 teaspoon garam masala
3 tablespoon psyllium husk
1 teaspoon Maldon sea salt
Good grind of black pepper
1 medium courgette, grated on large grate (skin on)
275ml water
Milk for brushing

LET'S GET MIXING

- 1 Place the oats, nuts, seeds, psyllium husk, garam masala, salt and pepper and place in a food processor and pulse for 10 seconds. Pour into a large mixing bowl. Add the grated courgette and stir. Add the water and stir to create a dough. Cover and leave for an hour.
- 2 Preheat the oven to 180/350/gas 4.
- 3 Line a loaf tin with baking parchment and push the oat mix firmly in to the tin. Use the back of a fork to push it down firmly into the sides of the tin. Brush with milk and place in the oven.
- 4 Cook for 1 hour 20 minutes.
- 5 Leave to cool on a cooling rack. I love it toasted as the nuts take on more flavour but it's equally delicious cold.

"I love making this loaf – you feel healthy just putting the ingredients together! The biggest part of being gluten-free which I miss, is being able to have something readily available to act as a 'carrier' for poached eggs, avocado, cheese etc... This is a delicious go-to throughout the day and will re-fuel your body without the sluggishness of bread.

One of my main pillars of eating is understanding what it is that I'm putting in to my mouth and being happy to digest that ingredient. Over the years I've tried so many gluten free breads. The shop brought ones are, I find, too 'bread-like' and I don't like the fact that I can't recognize all of the ingredients on the back. With this loaf, due to the high quantity of oats I find I have so much more energy after lunch which is always a bonus and the psyllium husk acts as a natural prebiotic which is really good for the gut. I've only found psyllium husk online but a bag lasts for months."