

## Cranberry-Cinnamon Seed Loaf

This recipe is inspired by Sarah Britton's "Life-Changing Loaf of Bread" from her fabulous blog, My New Roots. I've changed up and added a few ingredients and offer the method that works best for me. This is a dense, hearty bread with so many things going for it, starting with the fact that it is super easy, as far as baked goods go. It always turns out perfect (except the time I forgot to grease the pan...). Loaded with fiber, protein, healthy fats, complex carbs, and a wide spectrum of vitamins and minerals, it also happens to be gluten-free, dairy-free, sugar-free, and vegan! And all in a very easily-digestible format, due to the fact that the ingredients are soaked for several hours before baking. This is an ideal snack on the go for busy days when you need something filling but don't have time to slow down. It's not messy, so eating it in the car isn't a problem (not that I recommend eating & driving...). With a very mild sweetness, it can also zap a sugar craving, especially if you top it with a little raw honey. Pure, whole food, guilt-free nourishment in every slice 😊

### Ingredients:

- 1 cup raw sunflower seeds
- ½ cup whole flax seeds
- ½ cup raw pumpkin seeds
- ½ cup raw buckwheat groats (or kasha)
- 1 ½ cups whole rolled oats (not 'quick'). Use certified gluten-free oats if you have gluten intolerance.
- 1 cup unsweetened dried cranberries
- 2 Tbsp. chia seeds
- 1 ½ Tbsp. cinnamon
- 3 Tbsp. psyllium powder
- 1 tsp. sea salt
- 1 Tbsp. maple syrup
- 3 Tbsp. melted coconut oil
- 1 ½ cups water

### Directions:

1. Mix all dry ingredients in a large bowl.
2. Combine maple syrup, coconut oil and water in a small bowl. Add to the dry ingredients and mix well.
3. Lightly grease a loaf pan with coconut oil, and then pour the dough into the pan and smooth out the top with a spatula. Cover loosely with a clean towel and let sit out on the counter all day or overnight (at least 7 hours).
4. Preheat oven to 350°F.
5. Bake for 20 minutes, then remove bread from loaf pan, place it upside down directly on the middle rack and bake for another 40 minutes. Allow to cool completely before slicing.
6. Store bread in a tightly sealed bag or container for up to 2 days on the counter before transferring to the fridge for up to 5 days. The bread is moist so it can easily go moldy on the counter of a warm



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kitchen. It freezes really well, so I suggest keeping half the loaf for fresh eating and pre-slicing and freezing the rest. Makes great toast!

Eat plain, or topped with butter, soft goat cheese, nut butter, jam, or other favourite topping.

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