

# BETTER THAN BREAD (PHASE III)



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## Better Than Bread (Phase III)

- 3 cups raw seeds (pumpkin, sunflower, hemp, sesame, chia, flax or pine nuts)
- 2 cups raw nuts (sliced almonds, pecans, macadamia, walnuts, hazelnuts)
- 1 cup dried fruit (cranberries, currants, dates, raisins)
- 3 cups almond flour
- 8 Tbsp psyllium husk powder
- 2 tsp Celtic sea salt
- 3 Tbsp pure maple syrup or honey
- 1 dropper SweetLeaf Stevia English Toffee
- 6 Tbsp oil (liquid coconut, avocado, walnut or pecan)
- 3 cups Water (plus more as needed)

1. Preheat oven to 350°F.
2. In a large bowl, mix together all dry ingredients.
3. Add wet ingredients to dry ingredients.
4. Divide mixture in two and pour into silicon loaf pans.
5. Bake 20-25 minutes, then remove and let cool a couple of minutes. Turn loaf pan upside down to allow bread to drop onto baking sheet with cooling rack insert.
6. Bake an additional 30 minutes. (Oven temps vary, so you may need to adjust the time.)

