



Banting Buttermilk Seed Loaf



Servings: 1 medium loaf
Total Time: 1 hr 30 mins
Cooking Time: 50 mins
Resting Time: 15 mins (to cool)
Pre-heat Oven to 180 °C

INGREDIENTS

100ml (70g) flaxseeds (golden or brown)
 100ml (62g) sunflower seeds
 200ml (100g) almond flour
 2 Tbsp psyllium husks
 2 tsp baking powder
 1 tsp salt
 a pinch of stevia or 1 tsp xylitol



250g buttermilk
 6 large eggs



a few pumpkin and/or sesame seeds

VARIATIONS

* Instead of buttermilk, use Greek yoghurt or sour cream
 * Add chopped nuts or cranberries

METHOD

Finely grind the flaxseeds in a coffee grinder. Transfer to a large bowl.
 Finely grind the sunflower seeds in the coffee grinder & transfer to the same bowl.
 Add the almond flour, psyllium husks, baking powder, salt & stevia to the ground seeds & mix well.
 In a separate bowl, add the buttermilk & eggs and whisk well.
 Pour the buttermilk mixture into the flour/seed mixture and mix well (with a wooden spoon).
 Pour the dough into a greased loaf tin and sprinkle the top with pumpkin and/or sesame seeds.

Bake in the oven for 50 mins until cooked through (a skewer comes out clean when inserted).
 Remove from the oven, turn out onto a wire rack or breadboard and allow to cool for 15 mins before slicing.

