



Seed & Nut Soda Bread

Makes 1 loaf

Spelt is an ancient grain high in manganese, protein and vitamin B3. Manganese is key in maintaining balanced blood sugar levels, warding off those afternoon dips. Muscle-building protein provides strength, movement and heat to keep the body warm and energised. Vitamin B3 is essential for converting foods into usable energy and storage. The nuts and seeds are rich in essential fatty acids, which not only help the body generate energy but help keep our immune, cardiovascular and nervous systems functioning correctly.

- 350g (3 cups) **spelt flour**
- 335g (2½ cups) **gluten-free self-raising flour**
- 1½ tsp **salt**
- 3 tbsp **chia seeds**
- 3 tbsp **flaxseeds**
- 100g (¾ cups) **Brazil nuts**, roughly chopped
- 90g (¾ cup) **pumpkin seeds**, plus 30g for garnish

- 90g (generous ½ cup) **sunflower seeds**, plus 30g for garnish
- 3 tsp **bicarbonate of soda**
- 580ml (2½ cups) **plain coconut yoghurt**
- 90g (½ cup) **peanut butter**

- 1 Preheat the oven to 180°C/350°F/Gas 4, with a baking tray inside.
- 2 Place the spelt flour, self-raising flour, salt, chia seeds, flaxseeds, Brazil nuts, pumpkin seeds, sunflower seeds and bicarbonate of soda into a mixing bowl. Create a well in the centre of the dry mixture and add into it the remaining ingredients.
- 3 Quickly mix everything together to form a dough — you can do it by hand using a wooden spoon, or use an electric hand whisk, but for best results use a paddle attachment on a free standing electric mixer.
- 4 Turn out the dough onto a clean work surface lightly dusted with flour. The dough should be relatively sticky to touch. Roll the dough into a small thick log shape, covering with the garnishing seeds.
- 5 Put the dough into a loaf tin, place tin on the preheated tray and bake for 40-50 minutes. Check half way through and loosely cover the top with tin foil if it

Serving Suggestion:

Try this bread toasted with nut butter or mashed avocado and lemon. It also makes an ideal accompaniment to any soup or stew.

looks like the top of the bread is starting to colour too much. The bread should have a hard crust on the top, firm sides, and a skewer inserted into the centre should come out clean.

- 6 Remove the bread from the oven and leave to cool in the tin for 10 minutes before turning out onto a cooling rack. Slice the bread once it is completely cool.
- 7 The bread will keep in an airtight container for up to 4 days. Alternatively, slice and freeze. Defrost in the toaster or at room temperature for an hour.

Recipe by *Francesca Klostrup*, lecturer, College of Naturopathic Medicine (CNM) Natural Chef. CNM has a 20-year track record of training students for successful careers in natural therapies in class and online. Visit naturopathy-uk.com