

## **OAT BREAD**

### Wheat-free Dairy-free

A tasty and nutritious wheat-free loaf.

#### **Ingredients:**

- 2 cups rolled oats
- 1 cup linseed meal
- ½ cup coconut
- ½ cup sunflower seeds
- ½ cup poppy seeds
- 1 dessertspoon carob powder (optional)
- Pinch of salt
- 1 cup boiling water
- Sesame seeds

#### **Method:**

Preheat oven to 200°C. Grease a baking tray.

Place oats, linseed meal, coconut, sunflower seeds, poppy seeds, sifted carob powder and salt in large bowl and mix through.

Add boiling water to dry ingredients and mix together. Add more boiling water as needed until dough holds together when shaped, but remains as dry as possible. (If the mixture is too wet, it will not cook to the centre.)

Form dough into a long oval shape (approx. 20cm x 12cm x 7cm) and roll in sesame seeds. Place on oven tray.

Bake for 1¼ hours. Turn oven off and leave loaf in oven for another ½ hour.

Remove from oven and cool. Cut into 1cm slices and keep in refrigerator up to 3 weeks (or freeze for longer).