

# Super Power Chia Bread

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*Vegan, gluten-free, oil-free, nut-free, soy-free.*

*Thick, hearty, and dense – this isn't your average slice of bread! Packed with 9 grams of protein and over 7 grams of fibre per slice, this bread will keep you going for hours.*

## Ingredients:

1/2 cup chia seeds  
1/2 cup raw sunflower seeds\*  
1/2 cup raw pumpkin seeds  
1/2 cup brown rice flour  
1/4 cup raw buckwheat grouts, ground into a flour (or sorghum flour)  
1 tsp dried oregano  
1 tsp sugar  
1/2 tsp dried thyme  
1/2 tsp fine grain sea salt  
1/4 tsp garlic powder  
1/4 tsp onion powder  
1 cup water



Preheat oven to 160 degrees Celsius and line a 9-inch square pan with two pieces of parchment paper, one going each way.

Add rolled oats and buckwheat into a high-speed blender. Blend on highest speed until a fine flour forms.

Add all dry ingredients into a large bowl and stir well until combined. Stir in the water until combined. The mixture will be very watery and runny at first, but it will thicken up fairly quick. Scoop it into the pan and spread it out with a spatula as evenly as possible. You can use lightly wet hands to smooth it down if necessary. Sprinkle the bread with Herbamare or fine grain sea salt before going into the oven.

Bake at 325F for about 25 minutes, or until firm to the touch. Let cool in the pan for 5 minutes and then lift it out and transfer it to a cooling rack for another 5-10 minutes. Slice and enjoy!

This bread keeps for 2-3 days max – any longer and it gets gummy in texture. I suggest freezing it for enduring freshness. I like to toast it straight from the freezer!

**Notes:** Try making a batch using brown rice flour and quinoa flour or brown rice & sorghum - I'm sure you can play around with the flours too. Change the seeds too!