

Heather's Toasted Super Seed Power Bread

from OH SHE GLOWS

Vegan, gluten-free, refined sugar-free, soy-free

Yield 14 slices - Soak time 1 hour, Prep Time 20 Minutes, Cook time 1 Hour, 15 Minutes

1 cup rolled oats (use certified gluten-free if necessary)

1/2 cup sesame seeds

1/2 cup pepita seeds

(Toast these 5 ingredients)

1/2 cup thinly sliced almonds

1/4 cup sunflower seeds

1/2 cup chickpea flour

1/4 cup hemp hearts

1/4 cup chia seeds

3 tablespoons psyllium husk powder

2 tablespoons virgin coconut oil, melted (oil free - use Applesauce)

1 tablespoon coconut sugar (or granulated sugar of choice)

1 teaspoon fine grain sea salt

2 cups water

- Preheat oven to 325F and grab an extra large baking sheet. Add the oats, sesame seeds, pepita seeds, almonds, and sunflower seeds onto baking sheet. Spread out evenly and toast in the oven for 7-10 minutes. Transfer to a large bowl.
- Add the remaining ingredients to the bowl and stir to combine. The dough will be very watery at first, but thanks to the psyllium husk powder and chia, it will thicken up quickly. After stirring, cover the bowl with a tea towel and let it sit for around an hour on the countertop. The dough will be very thick.
- Lightly grease a small loaf pan (9" x 5") and then line it with a piece of parchment paper so you can easily pull the loaf out. Scoop the dough into the loaf pan and press it down firmly and evenly.
- Bake the loaf at 325F for 30 minutes. Grab a baking sheet. Now remove the pan from the oven and carefully lift out the loaf. Carefully, flip the loaf upside down onto the baking sheet and bake it for another 45-50 minutes, uncovered, watching closely during the end of the bake time. The loaf will be lightly golden and firm when ready.
- Cool loaf completely on a cooling rack. Slice and enjoy!
(Try toasting this bread and spreading topping of your choice - jam, cashew cream, avocado, hummus, etc.)

Simple Cultured Cashew Cream Cheese

<https://vupitsvegan.com/basic-cultured-cashew-cream-cheese/>

1 cup soaked Cashews

Water as needed to blend - gently add water to desired consistency, then cool

Add 1-2 Tablespoons of Vegan, Plain-Unflavored, Unsweetened Yogurt (i.e. Kite Hill).

Let sit at room temperature approximately 24 hours, then refrigerate