health life balance
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Super-Food protein Loaf

Makes: Loaf = 14 Slices

Ingredients

1 x 7g Sachet of dried yeast
4 tablespoons extra virgin olive oil
250g gram flour (Chickpea flour available from health food shop and some Tesco)
100g **ground** almonds
50g linseeds or flaxseeds
100g mixed seeds such as chia, poppy, sunflower, sesame, pumpkin
½ teaspoon dried rosemary
4 large eggs
Optional 3 teaspoons Bovril/Marmite

Instructions

Preheat the oven to 190C/375F/gas 5. Line a 1.5-litre loaf tin with greaseproof paper. Fill a jug with 375ml of lukewarm water, add the yeast and oil, then mix with a fork until combined and leave aside for 5 minutes.

Pile the flour, ground almonds and all the seeds into a large bowl with a pinch of salt and make a well in the middle. Add the rosemary. Crack in the eggs, add the Bovril/Marmite and beat together, then pour in the yeast mixture. Whisking as you go, gradually bring in the flour from the outside until combined – it'll be more like a batter than a dough. Pour into the prepared tin and smooth out nice and evenly on top.

To bake, place in the middle of the oven for 45 minutes, or until golden, cooked through and an inserted skewer comes out clean. Transfer to a wire rack to cool for at least 20 minutes before cutting.

TIP: *Cut into 14 portions and freeze immediately to avoid eating too much.*

Nutrition information:

Each Serving: per slice

Kcal	213
Fat (Sat)	2g
Net Carbs	5.1g
Protein	10g