



Mum & Me  
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## Stone Age Bread

### Ingredients

Makes 1 loaf (approx. 20 slices):

- 100 g (3.5 oz) pumpkin seeds**
- 100 g (3.5 oz) sunflower seeds**
- 100 g (3.5 oz) almonds**
- 100 g (3.5 oz) walnuts**
- 100 g (3.5 oz) linseed/flax seeds**
- 100 g (3.5 oz) sesame seeds**
- 5 eggs**
- 1 dl (½ cup) olive oil**
- 2 tsp. salt**

### Preparation Time: 75 minutes

1. In a large bowl; Mix all the ingredients. Use the nuts, grains and seeds as they are, you do not need to chop them.
2. Cut out a sheet of parchment paper so that it just covers the bottom of a normal bread pan. Pour the bread mix into the pan.
3. Bake the bread at 160 C (320 F) for about an hour.

If you make this bread frequently you can speed up the process by preparing several bags with the right amount of nuts, grains and seeds. Then simply mix the prepared bags with olive oil and eggs to give you your own bread mix without any unknown additives.