

Gluten-Free Seeded Loaf

The bread my yogis always asked for

After every retreat, someone pulls me aside and asks for this recipe. Dense, nourishing, packed with seeds — you'd never guess it's gluten-free.

Makes 1 large loaf · 1.1 kg	Oven 190°C	Bake time 45–60 min	Rest min. 2 hours
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INGREDIENTS

Dry

- 2 1/4 cups (235g) rolled oats
- 1 cup (160g) sunflower seeds
- 1/2 cup (65g) pumpkin seeds
- 3/4 cup (120g) ground flax seeds
- 1/3 cup (20g) psyllium husks
- 3 tbsp (25g) chia seeds
- 2 tsp (12g) fine sea salt

Wet

- 2 tbsp (40g) maple syrup
- 1/4 cup (55g) olive oil
- 2 1/2 cups (600g) water
(start with less, adjust by consistency)

METHOD

- 1 Preheat your oven to 190°C and line a loaf pan with baking paper.
- 2 Mix all dry ingredients together in a large bowl until well combined.
- 3 Add the wet ingredients and mix thoroughly. The dough will be thick and dense — that's right.
- 4 Transfer into the loaf pan and press down evenly.
- 5 Bake for 45–60 minutes. The outside should be golden brown; the inside can be slightly moist.
- 6 Remove from the pan and cool for at least 2 hours before slicing. Don't rush this step.

NOTES

- Psyllium husks are the binder — don't skip them.
- Add water gradually and stop when the mixture holds without being wet.
- Keeps well for 7 days wrapped in the fridge, or freeze sliced for up to 1 month.

Made this loaf? Tag me — I'd love to see it.

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