

Linseed bread

Preparation time 10 mins, cooking time 25 minutes

Ingredients:

2 cups ground flaxseed / linseed (220g)
2 teaspoon dried oregano
2 teaspoons baking powder
4 eggs
1/2 cup cows, almond or other nut milk
4 tablespoons extra virgin olive oil
½ tbsp. blackstrap molasses warmed until runny (optional)
10–12 small sun-dried or sun-blushed tomatoes (optional)
handful of black olives, stones removed

Directions:

- Preheat the oven to 180°C/160°C fan/350°F.
- Lightly oil a small baking tray c 10 inches squared
- Mix the flaxseed, oregano, baking powder in a bowl.
- Mix the eggs, milk, molasses, sun dried tomatoes and olives together in a larger mixing bowl, add the dry ingredients and mix well
- Pour mixture into baking tray, scatter with seeds and bake for about 25 minutes
- Remove from the oven and tin and leave to cool for 25 minutes on a wire rack.

This recipe is adapted from Susan Jane White www.susanjanewhite.com.

It is best eaten fresh. Alternatively slice and freeze.

Great for breakfast or lunch with tomatoes and avocado or topped with nut butter for a healthy snack.