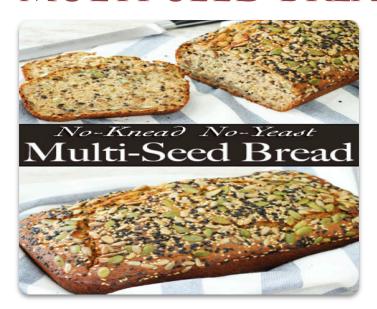
MULTI-SEED BREAD



Ingredients

The bread

- 1 1/4 cup all purpose flour (160 gr)
- 3/4 cup whole-wheat flour (100 gr)
- 1/2 cup toasted sunflower seeds (65 gr)
- 1/2 cup toasted pumpkin seeds (75 gr)
- 2 tbsp sesame seeds
- 2 tbsp black sesame seeds
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 1/4 cup buttermilk (310 ml), room temperature
- 1 egg , room temperature
- 1/4 cup Sunflower oil (60 ml)
- 1/4 cup organic honey (80 gr)

The topping

- 1/2 tbsp black sesame seeds, to sprinkle on top
- 1/2 tbsp sesame seeds, to sprinkle on top
- 1 tbsp toasted sunflower seeds, to sprinkle on top
- 1 tbsp toasted pumpkin seeds, to sprinkle on top

Instructions

- 1. In a bowl, add in both flours, all the seeds for the bread, baking powder, baking soda and salt. Mix everything well, using a wooden spoon and set aside.
- 2. In another bowl, add in buttermilk, egg, sunflower oil and honey. Whisk everything to combine.
- 3. Pour the wet ingredients into the dry ingredients. Using your wooden spoon, mix everything until well combined. Don't over mix to avoid hard bread texture.
- 4. Pour the batter into a 5x9 inch (13x23 cm) loaf pan that has been buttered beforehand. Spread evenly. Sprinkle the seeds for the toppings evenly on the batter.
- 5. Bake in a preheated oven at 350°F (175°C) for 45 minutes or until golden brown and fully cooked. Leave to completely cool before slicing. You can have this bread as sandwich or even toast it. Enjoy!