

“Bird Seed Bread” aka “Metamucil Bread”

Ingredients

- 1 1/2 cups (150 grams) rolled oats (certified gluten-free if needed)
- 1 1/2 cups (200 grams) seeds (raw pumpkin seeds, sunflower seeds, chia, whatever – fine to mix and match)
- 3/4 cup flaxseed meal, regular or golden
- 3 tablespoons psyllium husk powder
- dash of sea salt, optional
- 1 tablespoon sweetener like maple syrup or agave syrup or dry sweetener (optional)
- 1 tablespoon oil like coconut oil or olive oil (optional)
- 2 cups (500 mL) water

Instructions

1. Line a 9 x 5-inch loaf pan with parchment paper, leaving an overhang on opposite sides for easy removal post-bake. (If you use a Teflon loaf pan, you can skip the parchment paper. It's also really fine in a glass loaf pan – you can get it out slice by slice without the parchment paper.)
2. In a large bowl, stir together all the dry ingredients.
3. Add the wet ingredients (sweetener, oil, water) and mix with a spoon or your hands until well combined. The dough will be very thick and stiff.
3. Transfer the dough to the prepared loaf pan and smooth the top with your hands (it helps to moisten them with water).
4. Leave the dough in the pan on the counter for anywhere between 5 minutes and a few hours. Leaving it for several hours seems to give it a little bit more bready flavor, presumably because some fermentation happens. But you don't need to let it sit out.
5. Preheat the oven to 400°F. Then bake for about 50 minutes until the bread is dry to the touch, browned, and sounds hollow when tapped. (Alternative: Take it out of the pan after about 30 minutes and let it finish backing outside the pan by returning it to the oven on a cooking rack or stone.)
6. Cool bread in pan for 15 minutes and then use parchment paper to remove bread to a cooling rack. Cool completely before cutting into slices. (If you're skipping the parchment paper, you can turn it out of the Teflon pan once it cools, or just cut into slices and pull it out when it cools.)

This bread is best sliced and toasted in an air fryer or toaster oven. Excellent with avocado! Also yummy with jam. Delicious with a little olive oil and lemon juice, too.