



MOTIVATE
EDUCATE
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HEAL

Hot Detox Bread by Julie Daniluk RHN

Ingredients:

- 1 1/2 cups rolled quinoa flakes or 1 1/4 cups rolled buckwheat flakes
- 1 cup raw sunflower seeds
- 1/2 cup raw pumpkin seeds or almonds
- 1/2 cup flaxseeds
- 1/4 cup psyllium husks (decrease to 3 Tbsp if using psyllium husk powder)
- 2 tbsp ground chia seeds (freshly ground if possible)
- 1 tsp ground turmeric
- 1 tsp ground ginger
- 1 tsp pink rock or gray sea salt
- 3 tbsp coconut oil, melted, divided
- 1 tbsp coconut nectar (or honey)
- 1 1/2 cups filtered water

Directions:

1. Grease a 9-by-5-inch loaf pan with 1 tsp of the coconut oil.
2. In a large bowl, combine all the dry ingredients (everything except the last three ingredients), stirring well.
3. In a separate bowl, whisk together the remaining coconut oil, coconut nectar and water. Add this to the dry ingredients, and mix well (you should end up with a very thick dough).
4. Transfer dough to a loaf pan lined with parchment paper, and press very firmly to prevent a crumbly loaf.
5. Let sit on the counter for at least 2 hours or overnight, covered with a clean kitchen towel. The bread is ready to bake when it retains its shape but pulls away slightly from the edge of the pan.
6. Preheat the oven to 350°F.
7. Place the pan on the middle rack in the oven, and bake for 20 minutes.

8. Remove the bread from the pan by lifting it by the parchment paper and place it upside-down directly on the rack in the oven. Bake for another 25 minutes. The bread is done when it sounds hollow when tapped.

9. Let cool on a wire rack before slicing.

Makes one 9-by-5-inch loaf (12 slices). Will keep for up to 5 days in an airtight container in the fridge. Can also be sliced and frozen (with parchment between the slices) for up to 3 months.

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