



Serves: 8

Prep Time: 10 minutes,
plus 2 hours seed activating,
if desired

Cook Time: 50 to
60 minutes

$\frac{3}{4}$ cup hemp seeds
 $\frac{1}{3}$ cup hemp protein
 $\frac{1}{3}$ cup raw sunflower seeds
 $\frac{1}{2}$ cup ground flaxseed
 $\frac{3}{4}$ cup raw buckwheat groats
2 tablespoons chia seeds
 $\frac{1}{4}$ cup psyllium seed husks;
or 3 tablespoons psyllium
husk powder
3 tablespoons coconut sugar
1 teaspoon fine grain sea salt;
or $1\frac{1}{2}$ teaspoons coarse salt
3 tablespoons hemp seed oil
or coconut oil, melted
 $\frac{1}{2}$ cups filtered water

VARIATIONS

Rosemary: Add 2 tablespoons dried rosemary or minced fresh rosemary with the hemp seeds in the first step.

Chocolate: Add $\frac{1}{2}$ cup pitted, chopped dates, $\frac{3}{4}$ cup cocoa powder, and $\frac{1}{2}$ cup filtered water with the hemp seeds in the first step.

Hemp Seed Bread

CONTRIBUTED BY CAM SIMS

This recipe is from my friend Cam Sims of New Zealand, the hemp-based chef and founder of Plant Culture, a company devoted to producing conscious hemp seed products. Cam's bread is packed full of protein, fiber, minerals, and omega-3 fats. It is whole-food, gluten-free, Paleo, and self-activating too. It is also great for the gut. The combination of hemp, flax, chia, buckwheat, and psyllium husk provides prebiotic fiber, which helps optimize your microbiome. *Pre-slice it, freeze it. Toast it. Love it.*

1. Combine the hemp seeds, hemp protein, sunflower seeds, flaxseed, buckwheat groats, chia seeds, psyllium, coconut sugar, and sea salt in a large bowl and mix well. In a medium bowl, mix the hemp seed oil and water together, then quickly add to the dry ingredients. Mix wet and dry ingredients thoroughly until thick and well combined.
2. Line an $8\frac{1}{2}$ x $4\frac{1}{2}$ -inch loaf pan with parchment paper, add the seed mixture, and smooth the top with the back of a wet spoon. If you want to activate the seeds, let the container sit on the counter for at least 2 hours; or, if you have time, allow it to rest overnight, covered, at room temperature. Otherwise, move on to baking.
3. When ready to bake, preheat the oven to 355°F .
4. Bake the loaf on the oven's middle rack for 20 minutes. Remove the bread from the pan and place upside down directly on the middle rack. Bake for 30 to 40 minutes longer. The bread is ready when tapping it with your knuckle produces a hollow sound.
5. Let cool completely before slicing. Store the bread in a sealed container for up to 5 days. The best way to store this bread is by pre-slicing it all and freezing in an airtight container for up to 6 months. Defrost slices using the toaster or oven.