

Apple Cinnamon Seed Loaf

Yield: 15 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-seed-loaf-recipe>

Ingredients:

- 1 cup sunflower seeds unsalted
- 1/2 cup pepitas unsalted, shelled pumpkin seeds
- 1 cup dried apple diced, from slices, about 3.5 grams
- 6 tablespoons seed psyllium, powder, or 1/2 cup psyllium seek husks
- 1/2 cup chia seeds each:, and pecan pieces
- 1/3 cup flax seeds each:, and flaxseed meal
- 1 tablespoon canela
- 1 teaspoon salt
- 1/4 teaspoon nutmeg each:, and allspice
- 3 tablespoons olive oil
- 1 tablespoon honey optional
- 1 3/4 cups boiling water

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 11 grams
3. Fat: 15 grams
4. Fiber: 5 grams
5. Protein: 5 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 170 milligrams
8. Sugar: 5 grams

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