

Curried Buckwheat Chia Bread

Inspired by Angela Liddon's [Super Power Chia Bread](#)

In a breakfast rut? This bread is the perfect solution. The added bonus is that it only takes five minutes to prepare! Unbelievably easy and Sansational! Who knew a bread could take only five minutes?

This bread is super filling. It is great on its own, but for added goodness top it with guacamole or hummus. If you omit the curry powder and make a plain bread or with spices like cinnamon, top it with honey or a nut butter of your choice. Suggested spice combinations are in the Cook's Tips below.



Ingredients:

1/2 cup chia seeds
1/2 cup raw sunflower seeds
1/2 cup raw pumpkin seeds
1/2 cup gluten-free rolled oats, ground into a flour
1/4 cup raw buckwheat groats, ground into a flour (or more oat flour)
2 tsp curry powder
1/2 tsp jalapeño flakes (optional)
1/2 tsp fine grain sea salt
1/2 tsp garlic powder
1/2 tsp onion powder
1 cup water

Directions:

1. Preheat oven to 325 degrees F. Line a 11 x 13 baking tray with parchment paper.
2. Add rolled oats and buckwheat into a high-speed blender. Blend on highest speed until a fine flour

forms.

3. Add all dry ingredients into a large bowl and stir well until combined. Stir in the water until combined. The mixture will be very watery and runny at first, but it will thicken up fairly quick. Scoop it into the pan and spread it out with a spatula as evenly as possible to the desired thickness into a rectangular shape.

4. Bake for about 25 minutes, or until firm to the touch. Let cool in the pan for 5 minutes and then lift it out and transfer it to a cooling rack for another 5-10 minutes.

Cook's Tips:

1. This bread keeps for 2-3 days max. Freeze it is best until ready to eat.

2. Change up the spices to your liking. Substitute the curry powder and jalapeño flakes for: 1) 1 tsp cinnamon and 1 tsp coconut sugar; 2) 1/2 tsp oregano and 1/4 dried basil; 3) 1/2 tsp cayenne pepper and 1/2 tsp cumin.

3. I will try changing up the flours using brown rice flour and quinoa flour. Will let you know how it turns out!