

SEED'S BREAD

Low carb and gluten free homemade bread

 5 minutes

 1 portion

INGREDIENTS

- 7.5 grams of chia seeds
- 7.5 grams of sunflower seeds
- 7.5 grams of pumpkin Seeds
- 7.5 grams of flaxseed flour
- 15 grams of almond flour
- 15 grams of oat bran, raw
- 1 dash of salt, table (0 g)
- 1tbsp of water (15 ml)

COOKING METHOD

- 1° Mix all ingredients until a consistency that is possible to roll the dough and shape it like a loaf of bread. Place the dough in a frying pan with a drizzle of olive oil and fry on both sides.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (60 g)	% DRI
ENERGY	368 kcal	221 kcal	11 %
PROTEIN	16 g	10 g	19 %
CARBOHYDRATE	24 g	14 g	6 %
SUGARS	1 g	1 g	1 %
FAT	28 g	17 g	24 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	4 %
FIBER	13 g	8 g	31 %
SODIUM	210 mg	126 mg	5 %