

### Protein Seed Bread



#### ✨ INGREDIENTS ✨

- 🌱 1 1/4 cups buckwheat flour
- 🌱 2 tbsp tahini (I used date tahini cause I am obsessed with it)
- 🌱 1 tbsp olive oil
- 🌱 1.5 cup soda water (mineral water, seltzer)
- 🌱 1 tsp salt
- 🌱 1 tsp baking soda
- 🌱 1 tbsp psyllium husk

#### ✨ INSTRUCTIONS ✨

- 🌱 Combine flour, tahini and oil in a bowl
- 🌱 Start slowly adding soda water and mix well
- 🌱 Add salt, baking soda and psyllium and mix it in
- 🌱 Pour it into a baking dish (i like using parchment paper cause easier to manipulate & love using glass for it)
- 🌱 Add sunflower seeds, pumpkin seeds, sesame seeds, flax seeds etc on top
- 🌱 Bake at 425 F for about 30 min

The gluten-containing ingredient that was substituted was white flour. Buckwheat was used instead of white flour to make this recipe gluten-free. Buckwheat is a complete protein with all nine essential amino acids. Unlike white flour, buckwheat is packed with protein, contains beneficial fiber, vitamins, and minerals, and is rich in flavonoids such as rutin and quercetin. This makes buckwheat an excellent option for people with celiac disease or anyone else committed to eating a gluten-free diet.