

Super Seedy Sundried Tomato and Cracked Pepper Loaf

Here's a hearty and flavourful loaf from Chef Voula that's both unique and budget friendly. This is great thinly sliced and served on a platter with hummus and a selection of cheese, sliced avocado, and sliced meats. Add a bowl of soup to the evening and you've got a perfect meal!



Ingredients

- 5 large eggs, or 10 egg whites
- 1/3 cup (75 mL) olive oil
- 1 cup (250 mL) unsalted raw or roasted sunflower seeds
- 1 cup (250 mL) unsalted raw or roasted pumpkin seeds
- 1 cup (250 mL) sliced almonds
- 1 cup (250 mL) sesame seeds
- 1 cup (250 mL) ground flax seeds
- 1 cup (250 mL) finely chopped sundried tomato, or for a sweet version, use finely chopped dried figs
- 1 tbsp (30 mL) coarsely ground black pepper
- 1 1/2 tsp (7 mL) salt

Preparation

Heat oven to 325F (160C).

Lightly coat or spray a 9x5 in. (2 L) loaf pan or three 5 ½x3 in. (2 cups) mini loaf pans with oil and line with parchment paper.

In a large bowl lightly whisk eggs together with oil. Add the remaining ingredients and stir until well combined. Spoon into prepared pan(s). Bake in preheated oven for 1 hour or until edges of loaf are golden and the loaf is firm to the touch. If the top looks moist and bubbly, don't be concerned. This will settle when the loaf cools.

Cool completely in pan before removing. Slice thinly with a serrated knife and serve. Store extra loaf in refrigerator for up to 2 weeks. This loaf freezes nicely too. Cover well in plastic wrap to freeze. Thaw in refrigerator overnight before serving.