

Sun-Dried Tomato Seed and Nut Bread

- 1 c almonds
- 1 c walnuts
- 1 c flax seeds
- 1 c sunflower seeds
- 1 c pumpkin seeds
- 1 c sesame seeds (Black ones used here.)
- 1/2 c chopped sun-dried tomatoes (I used the type that comes soaked in oil.)
- 5 eggs, lightly beaten
- 1 t kosher salt
- 1/3 c oil (Oil is optional, according to some testers.)

Preheat oven to 350 F. Line a 10 x 4½ or 9 x 5-inch loaf pan with parchment paper.

In a large bowl, combine all ingredients. Mix well. Pour mixture into loaf pan and even out the top. Bake for an hour. The cooked loaf sounds hollow when tapped. Cool for about an hour. Make thin slices with an electric knife. Good fresh or toasted. Keep refrigerated. Can be frozen. Serve plain or smeared with goat cheese, hummus or thick yogurt. Serves 12 - 20.

Substitutions:

Replace almonds and walnuts with hazelnuts and pecans.

Replace sun-dried tomatoes with dried blueberries, cranberries, raisins or dried cherries.

Jittery Cook