

# Super Seedy Protein Bread

**Makes 18 slices**  
Per serve  
5.6g Protein  
19.8g Carbohydrates  
2.8g Fat

## Ingredients

- 2 Tbsp hemp seeds
- 2 Tbsp pepitas, chopped
- 3 Tbsp flax seeds
- 4 Tbsp hot water (for seeds)
- 290g warm water
- 1 tsp raw honey
- 2 tsp dried instant yeast
- 1 1/2 tsp bread improver
- 460g white bakers flour
- 1 scoop (30g) [True Protein WPI90 Natural](#)
- 1 tsp salt
- 1 tbsp olive oil

## ABOUT:

Boost your intake of wholesome seeds and protein with this homemade bread recipe that's just begging to be topped with some smashed avocado.

## Method

1. Combine the hemp seeds, pepitas and flax seeds in a small bowl, cover with hot water (for seeds) and let sit for 5 minutes.
2. Add water, honey, yeast, bread improver, bakers flour, True Natural flavour WPI90, salt and olive oil to a bowl and mix well until it forms a smooth dough.
3. Add the seed mix and mix well, then let sit for 15 minutes.
4. On a lightly floured surface, knead the dough for 5 minutes. Shape into a log and place in a well-oiled bread tin. Press down gently to disperse the dough across the base of the tin. Cover with a tea towel and let it prove in a warm area for about an hour or until doubled in size.
5. Pre-heat oven to 180°C.
6. Place in the oven for 30 mins. If it starts to get too much colour on top, cover with foil and finish in the oven.
7. Once baked, immediately remove the loaf from the tin and place on a cooling rack. Once cool, slice with a serrated knife.