

**Quick Seed Bread**

1 ½ cups	unbleached all purpose flour	375	mL
½ cup	whole wheat flour	125	mL
1 tsp.	baking powder	5	mL
1 tsp.	baking soda	5	mL
½ tsp.	salt	2	mL
¾ cup	lightly packed brown sugar	175	mL
½ cup	shelled, raw sunflower seeds, lightly toasted*	125	mL
1/3 cup	ground flaxseed	75	mL
2 tbsp.	whole flaxseed	25	mL
2 tbsp.	poppy seed	25	mL
2 tbsp.	sesame seed	25	mL
1	large egg, beaten	1	
1 ¼ cups	buttermilk**	300	mL
¼ cup	cooking oil	50	mL
1 tsp.	each flaxseed, sesame and sunflower seeds	5	mL

- Preheat oven to 350° F (180° C).
- In a large bowl, combine flours, baking powder, soda, salt, brown sugar, sunflower seeds, ground flaxseed, whole flaxseed, poppy seed and sesame seeds. Stir well.
- In another bowl beat together egg, buttermilk and oil. Add to dry ingredients. Stir just until moistened.
- Pour batter into a 9 x 5 inch (23 x 13 cm) loaf pan that has been sprayed with a nonstick cooking spray.
- Sprinkle whole flaxseeds, sesame and sunflower seeds over batter.
- Bake 55 to 65 minutes or until wooden pick inserted in centre comes out clean.
- Cool in pan 10 minutes, then turn out on rack to cool.

\* To toast sunflower seeds: preheat oven to 350° F (180° C). Place ½ cup (125 mL) sunflower seeds on pie plate. Toast 3 minutes, stir, toast another 3 minutes and stir again. Toast until lightly browned, 2 to 3 minutes more.

\*\* Buttermilk substitute: 1 ¼ cup (300 mL) plain yogurt or 1 tbsp. (15 mL) lemon juice or vinegar plus enough milk to equal 1 ¼ cup (300 mL). Let stand 5 minutes.

Yield: 16 servings

Serving Size: 1 ½ inch (1 cm) slice

**Single Serving Nutrient Values**

Calories	185.03
Protein	4.91 g
Carbohydrate	24.86 g
Fiber	2.57 g
Fat	8.41 g
Saturated	1.48 g
Monounsaturated	3.10 g

Polyunsaturated	3.46	g
Cholesterol	14.06	mg
Folate	32.21	mcg
Potassium	162.30	mg
Sodium	201.30	mg