



Welcome Somies!


Welcome to Your Nutty Seedy Bread Adventure!

I'm so excited to share this nourishing and mood-boosting recipe with you! This isn't just about baking—it's about slowing down, connecting with your ingredients, your Somie friends and infusing each step with mindfulness.

Here's what you'll find below:

 Recipe Card - Your step-by-step guide to baking this wholesome loaf.

 Equipment List - No surprises—just what you need to get started.

 Nutrient & Breathwork Fact Sheet - Learn how these ingredients support your body and how breathwork can amplify their benefits.

Bake along with me, or simply join in to learn more about this bread, how to make it, and how it makes you!

If you're planning to bake, be sure to have your ingredients and equipment ready in your kitchen before we start—then we'll make the magic happen together!

So, take a deep breath, roll up your sleeves, and let's bake with presence and joy!

See you in the kitchen,

Nik



Nutty Seedy Bread

Acknowledgments

This recipe was first published by **Sarah Britton**, created by her and her friend.

Equipment list

- Loaf tin
- Spatula
- Measuring cups & spoons
- Baking Paper
- Oven
- Mixing Bowl
- Pinny - optional

Substitutions

- If you have any allergies or preferences, simply swap in like for like ingredients within the scope of this recipe.
- No coconut oil? Use Olive oil.
- No maple syrup? Use honey.
- Gluten free? If you are worried about the gluten content of oats for example, swap out with other rolled cereals like Buckwheat, quinoa, millet etc.
- Nut allergy? Omit nuts and replace with more seeds - hemp, sesame or whatever you enjoy.
- Don't have measuring cups and spoons? Choose a glass that has approximate capacity of 250mls. Use actual tablespoons and teaspoons.
- Non-negotiable ingredient is **psyllium husk**. This is the binding agent.

For lots of tips, tricks & info, visit
www.breathtaking.fr/nutty-seedy-bread



Nutty Seedy Bread

Ingredients:

 50 minutes

 10 minutes

- 1 1/2 cups Oats
- 1 cup Sunflower seeds
- 1/2 cup Flax seeds
- 1/2 cup nuts - your choice
- 2 T Chia seeds
- 4 T Psyllium husk
- 1 t Salt
- 1 T Maple Syrup
- 3 T Coconut oil/Ghee
- 1 1/2 C Water

Instructions:

1. Line a loaf tin with baking paper.
2. Mix together all dry ingredients in a large bowl.
3. Add melted coconut oil, syrup and water.
4. Quickly & thoroughly mix all together - the binding agents will thicken fast.
5. Pour/scoop into your lined baking tin and press down firmly to make your loaf. Leave to sit while oven warms, or overnight.
6. Heat oven to 180 degrees.
7. Bake loaf in tin for 25 mins.
8. Using baking paper to assist, remove from tin and bake for another 25 mins on oven rack.
9. Transfer to a wire rack to cool completely - important for slicing!
10. Enjoy your delicious bread with an assortment of toppings.
11. Toast slices to enhance the wonderful nutty flavour.
12. Keep in the fridge in an airtight container.

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Nutty Seedy Bread

Breathwork & Nutrition go hand in hand for preventative health care

Ingredient	Health Benefits (Gut & Brain)	Complementary Breathwork
Oats / Quinoa / Millet Flakes	Prebiotic fibre for gut microbiome, B vitamins for mood & energy	Box Breathing - Calms the nervous system and stabilises energy levels
Flaxseeds / Chia Seeds	Omega-3s for brain function, fibre for gut health, stabilises blood sugar	Coherent Breathing (5-6 breaths per minute) - Enhances focus and supports digestion
Walnuts / Almonds / Pecans / Hazelnuts	Healthy fats for neurotransmitters, antioxidants for cognitive protection	4-7-8 Breathing - Helps with stress management and brain clarity
Pumpkin Seeds / Sunflower Seeds	Zinc & magnesium for mood, protein for neurotransmitter support	Humming Breath (Bhramari) - Activates vagus nerve, supports relaxation
Psyllium Husk	Soluble fibre for gut motility, supports microbiome	Abdominal Breathing - Aids digestion and gut motility
Coconut Oil / Olive Oil	MCTs for brain fuel, polyphenols for gut lining	Alternate Nostril Breathing - Balances brain function and gut-brain connection
Sea Salt	Electrolytes for nerve function, supports stomach acid production	Ocean Breath (Ujjayi) - Enhances hydration and supports digestion
Maple Syrup	Antioxidants for brain health, lower glycaemic index	Energising Breath (Breath of Fire - Kapalabhati) - Balances blood sugar and boosts mental clarity

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