

Keto Rye Loaf, Medium

A very, very seedy loaf, and if you didn't tell anyone it was low carb they would never guess. While fairly ketogenic, it is not low in calories – upwards of 2,400 kcal or 9,000kJ - and you'll only want a slice or two a day so this is definitely family-sized. If you have a smaller breadmaker, you can reduce the recipe by 2/3. If you like it fluffier, add a little malt. The malt in it will be partially fermented by the yeast, so won't contribute too much to carbohydrates. Unless, of course, you lick the spoon...

Ingredients

¼ Cup	Sunflower kernels	25g	Rye flour
¼ Cup	Pumpkin kernels	145g	Wheat gluten
¼ Cup	Linseed (flax seed)	30g	Olive oil or butter
¼ Cup	Sesame seeds	40g	Oat fibre
1½ tsp	Salt	1 tsp	Malt (optional)
1 tsp	Instant yeast, heaped	1	Egg

Directions

Put the 4 seeds in a 1l microwaveable container with ½ cup of water, add the salt, stir, and microwave on full for 1½ minutes to make a seedy porridge. That's roughly 40g of each by weight. Stir in the malt if you're using any, and leave it to cool slightly and absorb some liquid.

Put the blade in the breadmaker – important - and place the breadmaker tin on scales. Add the heaped spoon of yeast (or use a packet) first so you don't boil it to death with the hot porridge. Add the remaining ingredients. Dump ½ cup of **cold** water and warm porridge on top. You might find you need slightly less water depending on the general humidity.

Set breadmaker to make a medium (850g) standard loaf, and bake. Leave it to cool and firm up before cutting or the seeds will tear loose. Slice it fairly thin. If it collapses, use less water next time and go easy on the malt.

This toasts and so forth much like ordinary bread and keeps very well.